PRICE TWOPENCE

YEAR BOOK
AND MEDICAL GUIDE

Ucal
The Sign of Reliability

1934

WITH THE COMPLIMENTS OF

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Ucal

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Ucal

MEDICAL GUIDE

MEDICAL NOTES FOR THE TREATMENT OF EVERYDAY COMPLAINTS AND OTHER VALUABLE INFORMATION

1934

Published by
The United Chemists Association Ltd.
Cheltenham & London

Smoker's Throat?

THIS troublesome, yet common complaint is speedily remedied —and so can all throat affections, by the simple expedient of getting the "iodised" habit.

Frequently suck a lozenge containing Iodine and Carbolic Acid

Ucal
The Sign of Reliability

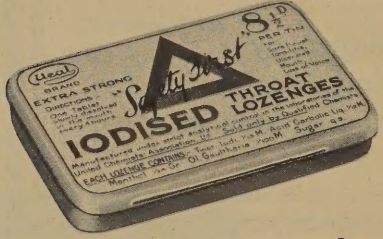
"Safety First"

IODISED THROAT LOZENGES

Unrivalled as a Throat Antiseptic

Here is the protection you need—for your throat is the open-door for all kinds of infectious germs.

Strongly recommended for:
SORE THROAT :: TONSILITIS
GLAND TROUBLE :: :: ::
ULCERATED MOUTH :: ::
AND LOSS OF VOICE :: ::



'UCAL' IODISED THROAT LOZENGES contain :—
Tincture of Iodine, Acid Carbolic, etc., and are the Ideal form of Throat Antiseptic

8½D & 1/3

FOREWORD

✦ ✦ ✦ ✦ ✦

THE 1934 issue of the "Ucal" Medical Guide marks a further year's stride in the march of Progress.

Just as our printers have installed the newest and latest types of presses for the production of booklets similar to the "Ucal" Medical Guide, so also have we installed all the newest and latest plant for the manufacture of safe, pure Medicinal Products of the highest merit.

Behind the "Ucal" organisation there are over 6,000 qualified Chemists offering a personal service such as no group of chain-stores or other body could possibly hope to excel.

It is with the object of demonstrating this service that your "Ucal" Chemist presents you with this publication, hoping that it will serve to lessen the daily troubles and minor ailments with which we are all sometime burdened.

In conclusion—remember the "personal service" of your "Ucal" Chemist (he specialises entirely in matters Pharmaceutical) and it is to him you should take your doctor's prescriptions for accurate dispensing, knowing that all Drugs and Chemicals used will be the freshest and purest obtainable.

■ ■

United Chemists Association Limited

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FIRST AID

The need of every household

WHAT TO KEEP IN THE HOME

The articles mentioned below should be kept in a dry place in every household and overhauled occasionally:

LIME WATER
OLIVE OIL
IPECACUANHA
THERMOMETERS (Clinical and Bath)
PERMANGANATE OF POTASH
UCAL OINTMENT
UCAL MEDICATED SOAP
ANTIDOTES TO POISONS
(see pages 6 and 7)
STAINLESS IODINE OINTMENT
UCAL SURGICAL SPIRIT
FEVER CURER
FOSTER'S POWDERS
STICKING PLASTER
BANDAGES
(One each 1 in., 2 in., 2½ in., 3 in.)
SAFETY PINS
SCISSORS, pair of
MEDICATED COTTON WOOL
BORACIC LINT
BICARBONATE OF SODA
(in a bottle or tin)
CARRON OIL

A Handy Box!

Ucal

HEART SHAPED INDIGESTION TABLETS

WHY deny yourself the pleasure of your favourite dishes.

THESE Tablets contain all the active principles which will ensure good digestion.

FOR
ACIDITY
POOR DIGESTION
OR
FLATULENCE

7½D
PER TIN

POISONS AND THEIR ANTIDOTES

CALL IN A DOCTOR

POISONS.	SYMPTOMS.	ANTIDOTES.
Acid Carbolic (Phenol)	White blisters and breath smelling of carbolic.	Wash out stomach with warm water (60 deg. Fah.) containing one tablespoonful of Epsom Salts or Glauber Salts in each half-pint solution. Follow later with white of egg beaten up with milk or olive oil, half to one wine-glassful.
Acids, strong	Mouth blistered, white or stained, acute pain, vomiting, tendency to suffocation, shock.	**NO EMETICS.**—Magnesia, milk of lime, chalk or carbonate of soda in water, followed when acid is neutralised by olive oil, gruel, or milk.
Acid Nitric	Yellow or orange stain shows.	
Acid Sulphuric, strong	Black stain shows.	
Acid Hydroch., strong	Red angry stain shows.	
Acid Acetic, strong	White blisters with smell of vinegar.	
Acid Hydrocyanic (Prussic Acid) or Cyanides	Breath smells of bitter almonds, eyes fixed, pupils dilated, skin cold and clammy, insensibility, gasping respirations.	**DO NOT DELAY.** Cold water to chest and head, use artificial respiration, and give stimulants—give brandy if able to swallow.
Alcohol (Acute)	Leering, vacant expression, giddiness, pupils of eyes dilated, pulse strong, skin sweating.	Cold douches to head, rouse patient and keep awake. Give hot strong coffee or tea. When recovered keep warm.
Caustic Potash Caustic Soda Liquid Ammonia Quicklime	Mouth blistered and white, slimy to touch, acute pain, etc., as in "Acids, strong."	**NO EMETICS.**—Give common vinegar or a solution of Acetic Acid containing one teaspoonful of the glacial acid per wine-glassful, or else solutions of Tartaric or Citric Acid of similar strength ; or Lemon Juice. Later give olive oil or milk.
Arsenic, Salts of	General symptoms of irritant poisons with possibly odour of garlic in breath.	Give a teaspoonful of Steel Drops or Tincture of Iron, mixed with Magnesia, in a cupful of water, and repeat frequently.

Chloroform	Stertorous breathing, characteristic odour of breath.	Artificial respiration. Flick the face and chest with wet towel. If poison was swallowed give emetics, if patient is not insensible.
Iodine	General symptoms with peculiar odour in breath, or vomit.	If detected immediately emetics may be given. If taken some time give repeatedly one tablespoonful of Bicarbonate of Soda dissolved in water.
Lead Salts	General symptoms with colic of stomach.	Give Epsom or Glauber Salts one tablespoonful in a tumbler of water, after first treatment with emetics.
Mercury Salts	General symptoms with particular swelling of mouth and lips, and vomiting of stringy mucus.	Take raw eggs in large quantities. Flour mixed with milk may also be given—afterwards, any emetic may be employed.
Nux Vomica and Strychnine	Rigid convulsions, with impeded respirations, feeble pulse.	Give 8 grains Potassium Permanganate dissolved in half a teacupful of warm water. If possible use artificial respiration.
Opium, Morphia and Laudanum	Excitement followed by headache and stupor. Pupils of eyes contracted to a point.	Emetics if possible, followed by 8 grains of Potassium Permanganate in half breakfast-cupful of water. Then hot strong coffee, and flip the face and chest with a wet towel, and apply smelling salts to the nostrils. Do not let the patient go to sleep under any condition.
Phosphorus	Vomit luminous, and has characteristic odour.	**NO OIL TO BE GIVEN.**—Emetics first, followed later by milk or gruel.
Spirit of Salts	Vomiting, faintness, weak sight, red, angry stains.	**NO EMETICS.**—Magnesia, milk of lime, chalk or carbonate of soda in water, followed when acid is neutralised by olive oil, gruel, or milk.
Tobacco or Nicotine	... ...	Emetics, followed by Sal Volatile, brandy, or whisky in water.
Zinc Salts	Vomiting excessive, with quick pulse and breathing pain and paralysis of muscles	**NO EMETICS.**—Give milk and white of egg, followed by repeated doses of Bicarbonate of Soda in water.

EMETICS FOR USE IN CONJUNCTION WITH THE ABOVE

Two tablespoonfuls of salt in half-pint of lukewarm water.
One tablespoonful of powdered mustard in half-pint of lukewarm water.
Tickle the back of the throat with a feather, taper, or the finger, or
Give a tablespoonful of ipecacuanha in a cupful of warm water.

Ucal MEDICAL GUIDE

Abrasion. Loss of skin caused by a graze or other accident. A minor ailment, but a frequent cause of septic and poisoned sores.

Treatment. Clean affected part immediately with weak disinfectant, such as Lysol or Boracic Acid. Ucal Ointment should then be applied freely until the new skin has formed.

Abscesses and Boils. Causes—low general state of health, infection or accidental damage to the skin.

Treatment. Scrupulous care is necessary to prevent spreading of infection to surrounding tissues. Hot poultices (Linseed, Boracic, Starch or Bread are all suitable) are useful in bringing the inflammation to a head. An antiseptic must be used at every dressing, and the surrounding parts thoroughly cleansed. Ucal Blood Purifier is indicated as an internal treatment to restore condition to the blood; Ucal Blood Tablets are also recommended as an effective remedy. Ucal Ointment can be used freely after all the matter has been drawn out, to hasten the healing of the broken skin.

"Paromalt" (Ucal Malt and Oil with Chemical Food) is highly recommended in all cases where a lowering of the general health has resulted.

Chronic cases need medical attention, and the patient should have plenty of fresh air and good food.

It is frequently found that a course of special vaccine treatment will entirely stop a general disposition to boils, and if attacks are frequent no time should be lost in consulting a doctor.

Acarus. A genus of mites which burrow beneath the cuticle and true skin, thus causing that very troublesome malady known as the itch. The treatment should be the immediate destruction of the trouble-maker and its eggs. Sulphur Ointment should be rubbed well into the affected parts. All clothing worn during the continuance of the complaint should be thoroughly disinfected by washing it in water containing a little Ucal Lysol.

Acne. An eruption of pimples with blackheads to which youths of 14 to 20 are especially liable. The skin is greasy, flabby and anæmic, and the scalp often troubled with dandruff at the same time.

Treatment. A sulphur lotion applied frequently helps the normal action of the skin, and prevents the spread of the disease. It is best used in the daytime, care being taken that it does not get into the eyes. Use Ucal medicated Skin Soap, and take a good long walk daily. Ucal Blood Tablets will be found most useful in clearing the blood of all impurities. Greasy and rich foods must be avoided, and a good plain diet adopted. Obstinate cases sometimes require Vaccine and X Ray treatment.

Price 10½d. per tablet.

Ague. Shivering fits such as attack those subject to malarial relapses. The patient should rest, and quinine should be administered. The dose varies so radically with different individuals, that it is best to have medical opinion before giving more than five-grain doses.

Anæmia. The treatment of this rather common complaint

requires very careful management. The bowels should be kept well regulated by the use of a natural aperient water, such as "Chelspa," or by a vegetable laxative. The diet should consist of lean beef, raw and lightly poached eggs, with plenty of fresh milk, vegetables and fruit ; the following prescription is frequently given—it contains the necessary iron for which the blood craves :—Blaud Pills, gr. 5 ; if accompanied by lassitude or depression, "Ucal" Compound Syrup of Hypophosphites.

Anasarca. A kind of dropsy, indicated by the effusion of serous fluid in the membranes, inducing a condition in which pitting is possible, that is, when the flesh will retain the impression of the finger. Usually attributable to disease of the heart or kidneys.

Treatment. A doctor should be seen at once—but a regular course of Ucal Californian Backache and Kidney Pills will be found most beneficial.

Anthrax. An inflammatory tumour or carbuncle, in many cases proving fatal A very bad form of Anthrax may be obtained from using cheap brushes, such as Hair Brushes, Shaving Brushes or Tooth Brushes.

6d., 10½d., 1/6, 2/9 and 4/9 per bottle.

Precaution. It is always advisable when buying new brushes to first wash them in a very strong disinfectant fluid—preferably a mixture of Ucal Lysol and Water.

Appendicitis. Can only be cured by an operation. Prevention is quite a simple matter, however, and if the bowels are kept well regulated, there is little to fear from this comparatively common complaint.

Apoplexy (sometimes called a Stroke) is an affection of the brain which brings immediate unconsciousness. Medical attention is absolutely necessary.

First Aid. Restrain all unnecessary movement, raise the head and loosen clothing, especially round the neck. Apply ice or cold water cloths to the head, and put the feet in hot mustard and water. A dose of calomel is recommended by many medical men as an immediate purgative.

Arthritis (Rheumatoid). Commonly known as Poor Man's Gout or Rheumatic Gout. Caused by insufficient nourishment together with overwork and prolonged mental worry. One or more joints may be affected, and if excessive pain is produced by movement it is wise to have the attention of a doctor.

This disease is very apt to become chronic, and particularly when regular exposure to cold is part of the patient's vocation.

A course of Ucal Emulsion of Cod Liver Oil will be found very beneficial and will give considerable relief.

Asthma. A most distressing, though not usually fatal disease. During the attack of gasping and struggling for breath Ucal Asthma Fume should be burned in the bedroom, and the fumes inhaled by the patient. Strict attention should be paid to the diet—it must be light and regular—tea, coffee, condiments, and beef should be avoided. In some cases complicated by Bronchitis a doctor will prescribe Vaccine treatment, which often has excellent results.

The effect of various climates on asthmatic patients differs considerably, and whilst in general dry climates are more suitable to them, it is impossible to lay down any definite rule.

Backache. The most common type is due to Muscular Rheumatism, and is not, as is generally supposed, due to Kidney trouble. Massage with a good embrocation (World's Embrocation is particularly suitable) is excellent as a local application, whilst internally, Ucal Kidney

1/3 and 2/- per bottle.

Mixture, specially made from an excellent formula which has been tried and proved effective, is sure to give relief.

Bad or Foul Breath is always an indication of some internal trouble, which is more often than not found to be chronic liver. Decayed teeth, Catarrh, or Indigestion, all give distinctive and offensive odour to the breath. A gargle with Ucal Compound Glycerine of Thymol will often remove the unpleasantness, but the cause of the trouble should be sought and the correct remedy applied.

Baldness. May be caused temporarily by severe illness—in fact, a high fever is often accompanied by an apparent dearth of all life in the hair. In most cases this is curable. The most common type is that which occurs with advancing years. Although this is commonly supposed to be incurable, much can be done by systematic care to stop or at any rate to delay its progress. The best application is Ucal Hair Tonic, which should be gently massaged night and morning into the roots. (See "Hair, care of the".)

Bed Sores. Ucal Antiseptic Dusting Powder, or, better still, Ucal Surgical Spirit, will be found most soothing and cooling; in addition it will prevent chafing from roughness of bed linen, etc.

Bile or Biliousness. A popular term for Migraine (Megrim) Gastric Catarrh. Spots appear before the eyes, and are followed by severe headache, vomiting frequently occurs, and the patient gradually reaches a state of collapse. A dose of Ucal Health Salt should be taken at once, and extra care taken with the diet. The accompanying headache will often be relieved by a dose of Aspirin.

Prices 7½d. and 1/- per tin.

Professor MACLEAN'S STOMACH POWDER

ucal
The Sign of Reliability
BRAND

GASTRITIS
ULCERATED STOMACH
PALPITATION
DYSPEPSIA
FLATULENCE
HEARTBURN
INDIGESTION

Strikes at the root of the complaint

THE formula for this product is that published by Doctor Hugh Maclean the eminent authority on Stomach Disorders.

ITS adoption has been world-wide and its general acceptance by the Medical Profession is alone a testimony to its remarkable curative properties.

Specially prescribed for:
INDIGESTION,
GASTRITIS,
ULCERATED STOMACH
FLATULENCE,
ACIDITY and all
General Stomach
Disorders.

1/6
PER JAR

Should attacks of this description be frequent, it is advisable to have the eyes tested for astigmatism or other trouble. The symptoms resulting from eye strain due to such a weakness may easily be mistaken for those due to stomach trouble.

Boils. See "Abscesses," page 8.

Breathlessness. Shortness of breath when at rest or on slight exertion is often a serious symptom and requires a careful examination of the heart and lungs by a doctor. Flatulence (excess of wind in the stomach) will cause temporary breathlessness, which will disappear when the cause is removed.

(For treatment see under "Stomach.")

Bronchitis. Often commences as a simple cold caused by exposure to cold and damp. It is usually accompanied by a feeling of chilliness, aching of the limbs and feverishness. Wheezy sounds are heard in the air passages, and often pains are felt in the chest. The patient should be confined to bed and the temperature of the room maintained at 60 deg. F. Rubbing with a good Embrocation, such as World's Embrocation, is beneficial.

The disease is most prevalent in cold damp climates, and in those subjected to rapid changes of temperature. Sufferers from Bronchitis frequently get a return of the complaint at irregular intervals, usually in the autumn or winter. They should avoid crowded rooms and places of amusement.

Bunions. Rest and hot fomentations and the subsequent application of Ucal Stainless Iodine Ointment will relieve the pain. Mild cases may be rectified by wearing socks with a separate compartment for the great toe, and a pad between this and the next. Severe cases require operation. Wear wide-toed boots with soft uppers.

Burns and Scalds. Immediate treatment will often prevent serious developments, and it is very necessary to keep the materials at hand so that no delay is occasioned should such an accident take place. The first thing to do is to exclude the air from the affected parts, flour or bicarbonate of soda answers the purpose very well. Carron Oil is a splendid first dressing; this should be applied on cotton wool or clean linen and renewed once a day. If a large surface of skin is injured or the burn be very deep, medical aid should be sought at once.

1/3 and 3/- per jar.

When the healing process has commenced, Ucal Ointment may be applied freely and will assist the formation of new skin.

Catarrh. Inflammation of the mucous membrane (the sensitive membrane in the nose), which is accompanied by discharge from the nose, and frequently by headaches and running of the eyes. Nazol is a specially prepared soothing balm which relieves the clogged nasal passages almost immediately. Ucal Catarrh Snuff is also excellent for giving immediate relief. Where catarrh has affected the throat, Ucal Catarrh Pastilles will be found most beneficial.

Chafing of the Skin. Very apt to occur in babies where any two moist folds of skin come together. Wash and dry carefully, and dress the surface with Ucal Antiseptic Dusting Powder.

Chapped Hands. Usually due to insufficient drying of the hands after washing in cold water. Lanoline is a good healing and softening application. A water softener can be used with advantage should the water

Price 6d. per tube.

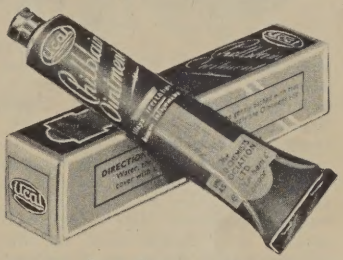
supply be exceptionally hard. Ucal Glycerine and Honey Jelly will be found remarkable value in chronic cases, as it restores the elasticity of the skin and heals the painful cracks in a very short time.

Chicken-pox. An acute infectious disease characterised by the appearance of successive crops of small red spots. The spots form a scab in about 6 days which falls off in a few more days. Any part of the body can be attacked by this eruption and the scalp is frequently affected. To distinguish mild cases of small-pox from chicken-pox there is *no* previous pain in the back, and the spots have *no* central depression. In small-pox the fever subsides when the rash appears, whilst in chicken-pox the reverse is the case.

Children are the most liable to chicken-pox, which takes thirteen to twenty days to appear. Infection ceases when every scab has fallen off, particular attention being paid to the scalp.

Treatment. Confine to bed and keep up the strength on a light diet. If at all doubtful whether small-pox is indicated, call in the doctor.

Chilblains. Persons subject to these should be careful to wear loose warm clothing and to avoid exposing extremities to extremes of heat and cold. Ucal Chilblain Paint or Ucal Chilblain Ointment is sure to give relief. Plenty of nourishing food



Price 7½d. per tube.

should be taken, and as much fat, butter, cream, etc., as can be assimilated. A course of Ucal Emulsion of Cod Liver Oil will be found most beneficial in giving the added nourishment which is so essentially needed. Avoid tight boots, and see that the soles are thoroughly watertight; wash-leather socks are a splendid preventive.

Cholera. In this country is usually a mild form, and is most frequently caused by drinking contaminated water. Asiatic Cholera is very dangerous, and needs the most efficient medical attention. (See Diarrhœa.)

Ucal MEDICAL GUIDE

Colds. Can be prevented by the exercise of great care. Avoid hot stuffy rooms and public places, breathe through the nose, and gargle with a good antiseptic, such as Glycerine of Thymol, or suck Ucal Glycerine of Thymol Pastilles, after being exposed to infection. Take Ammoniated Quinine at the first sign of having caught a cold. With children's colds it is both safe and advisable to give Ucal Honey, Glycerine and Lemon with Ipecacuanha. Great relief and benefit is assured. If the chest is affected, rubbing with Ucal Chest Vapour-rub will often loosen the cough and give great relief.

8½d. per tub.

Inoculation with a special vaccine has proved very successful in counteracting a tendency to take colds at frequent intervals. Don't neglect a cold—it is a danger both to the sufferers and all those who come into contact with them. Ucal Pine Inhalant, sprinkled on the pillow at night, is often very successful in assisting the cure. Handkerchiefs, towels, etc., are all carriers of germs, and care should be used to avoid infection by these means.

Colic. If there is any possibility of this being merely a symptom of some underlying serious condition, call in a doctor at once. Simple Colic can be relieved by taking a couple of drops of Oil of Peppermint on sugar, and following it up by a tablespoonful of Castor Oil. Colic in hand-fed babies may be due to over-feeding, inappropriate diet, or want of cleanliness of the feeding bottle. Remedy these and give Infants' Gripe Mixture.

Constipation. The commonest complaint of modern humanity, it is the root of many more serious diseases, and afflicts alike all conditions and ages of men. Many and varied are the remedies offered to the public—most of them are merely relieving agents, and do not eliminate the cause. Cascara Sagrada (the extract of a special tree bark) is undoubtedly one of the best and safest medicines—Cascalax is a peculiarly convenient and agreeable form of this medicine. Children require usually a very mild form of Laxative, and Ucal Syrup of Figs is ideal for even the weakest child. Attention should be paid to the diet if the complaint shows any signs of becoming chronic. Fresh fruit, prunes, coarse or brown bread should be taken regularly, and are most effective at breakfast time.

Prices 1/3 and 2/- per bottle.

Special Note. As a gentle internal lubricant there is nothing better than "Ucalax" (Ucal Liquid Paraffin). It is tasteless and odourless—forms no habit. (See page opposite.)

Every effort should be made to prevent this weakening and life-sapping complaint from becoming chronic. Open air exercise, abstention from alcohol, and a fixed determination to establish a regular habit, are of vital importance.

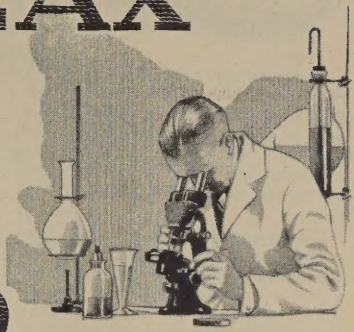
'UCALAX'

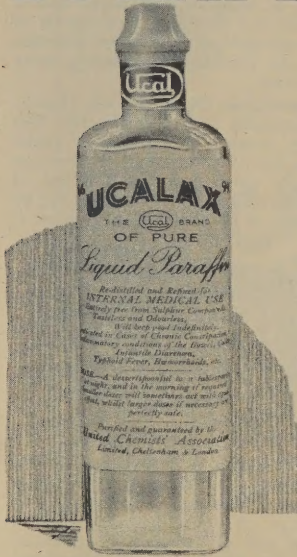
The

Ucal
The Sign of Reliability

BRAND OF

LIQUID PARAFFIN





Supersedes all Aperients

Subjected to strict analytical control and guaranteed to be

HIGHEST SPECIFIC GRAVITY
HIGHEST VISCOSITY . . . .
TASTELESS & ODOURLESS . .

Its action is that of a general internal lubricant. It produces the desired effect without any irritating action on the delicate intestinal organs.

Strongly recommended for:
CHRONIC CONSTIPATION
INFANTILE DIARRHŒA
TYPHOID FEVER & COLITIS

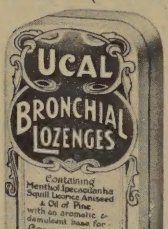
Nothing harmful! Nothing habit-forming!
Just the simple way to good health.

10½D., 1/6, 2/6 & 5/6

Convulsions in Children. First Aid—place the child in a hot bath (F. 98 or blood heat), administer a dose of Castor Oil, and send for the doctor. As a preventive during Teething, Dr. Foster's Powders are extremely effective.

Corns and Bunions. The common practice of cutting or paring corns and bunions has been entirely superseded by the most up-to-date medical way of killing the corn by the application of the correct drugs. Pax is specially compounded for use as an external application to completely eradicate them. It is important in treating both corns and bunions that correctly shaped footwear be worn.

Coughs. Often due to secretion from the nose irritating a sensitive throat. (For treatment of nasal trouble, see "Catarrh.") Those liable to coughs should take Cod Liver Oil during the winter and early spring, as it increases the bodily resistance to cold, and renders the cough less liable to become chronic. Ucal Bronchial Lozenges are a handy and effective means of subduing a cough, and can be taken freely without fear.



9d. and 1/6 per tin.

It should be noted that a cough is not in itself a disease, but is the result of some affection of one of the respiratory organs. Continual coughing actually sets up irritation, and should not be treated lightly—medical opinion should be taken if it persists.

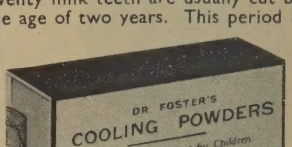
Croup (Spasmodic). First Aid—Place the child in a warm bath (F. 98 or blood heat) into which has been sprinkled an ounce of mustard. A teaspoonful of Ipecacuanha wine may be given to produce sickness pending the arrival of the doctor.

Prevention. In cold weather the child should be clothed from head to foot in warm woollen clothes ; the throat and neck may be sponged daily in cold water to harden the tissues and lessen the sensibility to cold.

Dandruff. (See "Hair, care of the" —page 20.)

Debility. A lack of vigour in any part of the body due to over-strain or malnutrition. Often a general state of lassitude and disinclination to use any energy. Ucal Syrup of Hypophosphites Compound provides just the correct strengthening tonic required.

Dentition, Disorders of. (Teething troubles in children.) The first tooth makes its appearance about seven months after birth in an average healthy child, and the full set of twenty milk teeth are usually cut by the age of two years. This period is characterised by many troublesome little illnesses. As each tooth comes to the surface there is a considerable amount of irritation and often a rapid rise of temperature (particularly in the morning). Diarrhœa, especially during the summer, is often attendant, and should be carefully



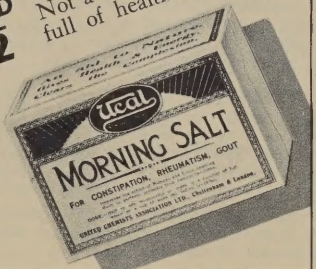
Price 1/3 per box.

EARLY MORNING ANTHEM

"UCAL" MORNING SALT

4½D & 7½D

"Oh! it's nice to get up in the morning — much better than staying in bed." It's surprising what a few crystals in the early morning cup of tea will do for you. Not a sign of 'liver'—just full of health and vigour.



Also in bottles - - 1/-

Invaluable for Sluggish Liver, Gout, Rheumatism, Constipation.

checked. Dr. Foster's Powders are invaluable as a general medicine during this period. Cleanliness of the mouth must be constantly attended to.

The second set of teeth commence to appear at the age of six, and the health of the child often suffers as much as, or more than, in the first period. Diarrhœa should not be checked too suddenly, and it is nearly always safe to administer Castor Oil as a preliminary to Ucal Diarrhœa Mixture.

Diarrhœa. If not dependent upon some disease of the bowels give a liberal dose of Castor Oil. When this has acted and pain subsides, give Ucal Diarrhœa Mixture. Avoid hot foods and drinks, vegetables and meat. Boiled milk, arrowroot, sago or rice may be taken at frequent intervals. The Summer Diarrhœa of young children requires medical attention.

Diphtheria. An infectious and sometimes epidemic disease characterised by the formation of a whitish coating on the mucous membranes of the throat, nose, and larynx. The tongue is usually coated with white fur, and is red at the tip. Swallowing is difficult and constipation present.

The treatment is by anti-toxin, and requires experienced medical supervision. As the severity of the attack is regulated, almost invariably, by the early commencement of treatment, it is absolutely necessary to call a doctor at the first sign of the disease.

Dysentry. A disease occurring in many forms in various parts of the world. It is most prevalent in malarial districts, and is very prone to occur in military camps. The presence of blood in the stools is a symptom not to be regarded lightly, as it almost invariably indicates the presence of this disease in one form or another. Immediate medical treatment is necessary.

Preventive Measures. Dysentry can be avoided by perfect sanitation, a pure water supply, and the provision of well-cooked food, which should be as varied as possible.

Ear-ache. In most instances is due to acute inflammation of the middle ear. It may also come from wax, boils, Eczema or Neuralgia, affecting the canal into the ear. Have the teeth examined, as the pain from a bad tooth may be the cause of the trouble. Hot fomentation put over the ear, and a small mustard leaf behind, will relieve the pain. Neither syringe the ear nor put drops into it. If the pain persists consult a doctor.

Eczema. A term which is popularly used for any type of skin eruption, whether of mild or acute form. The most common form of complaint is that in which discharging sores appear upon the surface of the skin, accompanied by acute irritation and a general lowering of the bodily health. Great care must be taken to avoid spreading the trouble, and scrupulous care in burning dressings, etc., is very necessary. Washing the affected parts must be done very carefully — soft water and a suitable soap are most essential, to be followed by a dressing of Ucal Ointment.

Prices 1/3 and 3/- per jar.

Ucal Medicated Skin Soap is specially made for use of sufferers

from any skin complaint. It does not irritate any sore places, and is really helpful in healing the diseased parts, and prevents recurrence.

Erysipelas (St. Anthony's Fire). This is a Notifiable Infectious Disease, and requires medical attention. Strict isolation should be observed. The responsibility of the patient should be given to a medical man.

Eye, Disorders of. Physical Diseases of the Eye, Eyelids, etc., are too vital to be neglected for a moment. It is outside the scope of this work to do more than recommend immediate recourse to a specialist should anything of this nature manifest itself.

Weakness of sight should also receive attention as soon as it becomes known. Go to your nearest Ucal Ophthalmic Chemist, who will examine and test the eyesight, and recommend suitable glasses or spectacles if they are necessary. Frequent headaches, sickness or dizziness are often no more than Nature's warnings that the eyes need assistance. It is quite in the natural order of things that as a person gets older the sight becomes "longer," that is to say, that glasses of some description are needed for reading.

Price 9d. and 1/3 per bottle.

Eye, Foreign Bodies in. Insects, pieces of dust or grit, should be removed as quickly as possible. A loop of thread or a small swale of cotton on a matchstick makes the most convenient means. Never rub the eyes, it only causes inflammation and does not relieve irritation. Ucal Eye Lotion is the best application to use if the eyes are inflamed or over-strained.

Fainting. Lay the patient down with the head low and loosen the garments about the neck and chest. When consciousness returns, and not before, a teaspoonful of Ucal Sal Volatile in half a tumblerful of water may be given. A threatened attack of fainting can often be prevented if the patient will bend down with his head low, as if to unlace the shoe. Ucal Smelling Salts (either Lavender or Cologne) should be carried by persons subject to faintness, and if used in time will often ward off an attack.

Feet. The care of the feet is a very simple process, but often neglected even by those who are dependent on having their feet in the most perfect condition in order to carry out their daily occupations. The feet should be washed once a day, and if there is any tendency to tiredness or ache, a footbath of "Joy Walk" Bath Salts (Oxygenated) will act like magic. If the feet perspire excessively in hot weather, a little foot powder should be dusted into the socks.

Fever. An abnormally high temperature of the body is a definite symptom of many diseases, and usually is an indication that medical attention is required. A clinical Thermometer should be kept in every household, and the temperature taken at the first sign of illness. Normal temperature is 98.4.

Flatfoot. Can frequently be cured by the use of a well-fitted

appliance, and the constant practice of tip-toe exercises.

Flatulence. The formation of gaseous matter in the alimentary canal due to some disorder of the Stomach. For complete treatment see under that heading.

Gastric Fever. Another name for Typhoid Fever, which see.

Gout. (See "Rheumatism," page 27.)

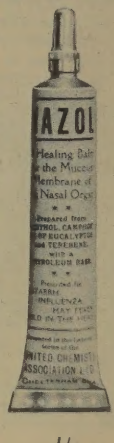
Gravel. (See "Kidney," page 23.)

Growing Pains. A large proportion of the slight pains in the limbs and joints of children or young persons is definitely due to rheumatism. Rest, preferably in bed, should be insisted upon, and Ucal Aspirin prescribed. If these pains are accompanied by a considerable rise in temperature, a medical man should be consulted.

Hair, Care of the. The appearance of the hair is with most people a fair indication of their general bodily health—no part of the system is more susceptible to a change in the physical condition of a person. Unremitting care is needed, therefore, especially during illness, to keep the hair healthy, and thereby maintain its "life" and gloss. Most cases of baldness are preceded by a disease of the scalp, known as Seborrhœa (greasy or dry scalp, scurf or dandruff). Precautions must be taken immediately this malady is noticed. As long as the small hair follicles are alive, new hair can be grown to replace that which is falling out. Ucal Hair Tonic should be well massaged into the scalp night and morning with the finger tips or a stiff brush, the friction being just as necessary as the tonic, which stimulates the scalp, and feeds the wasted tissues which produce the hair. Ordinary Soap should not be used for washing the hair, as it has a tendency to dry on the scalp and encourage the formation of scurf. The best shampoo is undoubtedly "Shampooda," the Super Shampoo, which softens and preserves the hair, and adds to its natural wave and beauty of tint.

1/3, 2/3 and 4/-

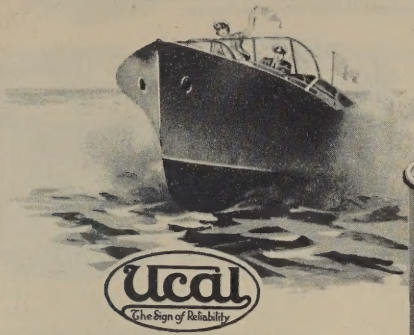
Hair brushes should be kept scrupulously clean, and the grooming of the hair should be done very thoroughly at least once a day. Use good stiff bristles, and brush for five or ten minutes. Fresh air and sunshine are good for the hair, especially after it has been washed. Nothing responds more quickly to care, and the time spent on it, than the hair, and nothing so quickly loses tone if it is neglected.



1/- per tube.

Hay Fever. A distressing but non-dangerous complaint which attacks quite a large proportion of

FOR SPARKLING HEALTH



HEALTH SALT

Enjoy Life!

Get that Sluggish Liver put right first thing in the morning—and enjoy a real good breakfast.

UCAL HEALTH SALT puts 'fizz' into your system

7½D & 1/-
PER TIN

¶ All the beneficial qualities found in the most famous Home and Continental Spa Waters are to be found in

Ucal Health Salt

KEEPS YOU FIT!

The Handy Household Remedy which none should be without.

BANISHES LIVER TROUBLES

people in the British Isles every summer. The presence of pollen in the air is sufficient to induce an attack, and liability to recurrence lasts from four to six weeks each year. Residence at the seaside during the month of June is helpful in lessening the severity of the symptoms. Palliatives such as Smelling Salts, Nasal Douches, and cold shower baths, give a certain measure of relief. Nazol, a soothing aromatic balm, should be applied inside the nostrils each night.

Price 1/3 per jar.

Herpes. (See "Shingles.")

Headaches. Are warning signals which should never be neglected ; they can arise from innumerable causes, and their origin should be ascertained at once. Very frequent headaches indicate overstrain of the eyes and the need of glasses. Bad teeth, too, have a tendency to bring frequent headaches, and a dentist should be consulted if any teeth are decayed ; disorder of the digestive system is often indicated, and the headache will in this case usually disappear if a laxative is taken immediately. Relief can be obtained by taking Kapsal Powders, which are perfectly safe and free from habit-forming drugs—Ucal Aspirin Tablets are also a useful specific for many constitutions.

Heartburn. (See "Stomach," page 30.)

Hoarseness and Loss of Voice. Have the throat and chest well rubbed with a good embrocation and rest the voice. Take plenty of fresh air and avoid stuffy rooms. Ucal Bronchial Lozenges may be used freely to ease the husky feeling.

Housemaid's Knee. Inflammation about the knee, accompanied by a good deal of pain. The limb must be rested, and the swelling treated with Ucal Stainless Iodine Ointment. On alternate days it is advisable to use Ucal Ointment to prevent the skin cracking ; continue the treatment until every trace of swelling has vanished.

Hordeolum. A sty or tumour on the eyelid, resembling a barley corn.

Treatment. Regular bathing of the eye with a solution of Ucal Antiseptic Eye Lotion will ease the pain, but a doctor should be seen without any unnecessary delay.

Indigestion. (See "Stomach," page 30.)

Influenza. A dangerous illness, often epidemic, and of recent years exceptionally virulent and far-reaching in its visitations.

However mild the attack, the patient should go to bed, take a laxative, and be placed on a light diet until the fever subsides. The temperature should be taken frequently, and the doctor called in if it becomes very high. Ucal Cold and Influenza Mixture is the standard medicinal treatment, and is wonderfully effective if taken in the early stages of the disease. Ucal Cinnamon and Quinine will be found a wonderful preventive. It should be kept in every household

in readiness to administer on the first sign of the influenza symptoms.

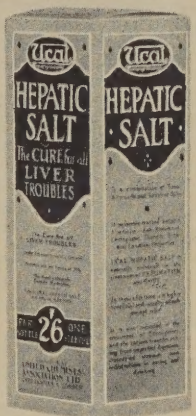
Preventive treatment is very successful if systematically carried out. During an epidemic all public buildings should be avoided as much as possible ; plenty of exercise in the open air and a sufficiency of good plain food will go far to render the body impervious to the attack of the germ. A disinfectant gargle should be used as frequently as possible, and a Ucal Formalin and Mint Tablet dissolved slowly in the mouth if one has to travel in the same carriage or tram with possibly infected persons.

Those weakened by influenza or who seem specially liable to the infection will find Ucal Cod Liver Oil Emulsion the finest way of building up bodily strength and resistance.

Itch or Scabies. An infectious disease caused by a small organism which burrows under the skin, producing severe irritation. The parts most subject to attack are the soft skin between the fingers and toes, the wrists and abdomen. Scratching quickly spreads the complaint, so that prompt treatment is most essential. Bathe with Sulphur Soap for three days ; the Soap must be used freely and well rubbed in. After each bathe use Sulphur Ointment. On the fourth day use Ucal Ointment. All infected clothing must be stoved to prevent a recurrance.

Jaundice. A disease caused by some obstruction to the Bile Ducts, and is easily recognised by the yellow colour exhibited by the patient's eyes and skin. As there are many differing circumstances which may have tended to produce the symptoms, self-treatment is apt to be unwise. It is safer to administer castor oil, put the patient to bed, and call a doctor.

Kidney and Gravel Complaints. When disease of the kidneys is suspected the doctor should be consulted at once. Meantime, if much pain in the back is felt, the application of hot moist bran poultices should give relief. The Californian Backache and Kidney Pills have proved an excellent remedy for Backache, Gravel, Lumbago and Sciatica. Chelspa is also a great help and is prescribed by medical specialists in these complaints.



Price 2/6 per bottle.

Liver. The Liver is the largest glandular organ in the body, and unless its purpose is being fulfilled with unfailing regularity the bodily health suffers immediately. The habits and customs of the individual have a great influence on the state of the Liver. Excess in eating or drinking, neglect of the daily functions, lack of exercise, fresh air and good food, all have their immediate reactions on the Liver. The Liver in turn influences the mind and body of the individual. It is a sound habit to take a small quantity of Hepatic Salt in a tumblerful of cold or tepid water every morning before breakfast. The amount required by different people varies from a salt-spoon to a teaspoonful. The excessive use of alcohol is one of the causes of

the degeneration known as Cirrhosis, and in all Liver complaints alcohol should be avoided on account of its irritating properties. The bowels must be well evacuated every day, and the patient is advised to take at least three pints of water daily between meals.

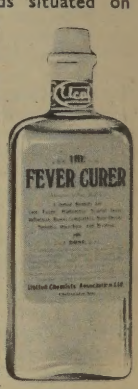
Lumbago. Has no connection with the Kidneys, although the pain is referred to the region in which they lie. A turpentine stupe or a couple of mustard leaves applied to the affected part will relieve the pain. Massage with World's Embrocation is helpful, and exercise to improve the circulation in the lumbar region will eventually drive it away. Keep the bowels well flushed.

Lungs, Diseases of. The Lungs are subject to many diseases, some of them common and none without danger to the patient. The treatment of Pneumonia, Consumption, Inflammation or even simple Congestion is so fraught with the possibility of complication as to be outside the scope of this book. A doctor should be consulted at the first sign of Lung trouble.

Measles. A very infectious disease which is frequently epidemic amongst children. It attacks adults of all ages, but not with the same frequency as is observed with those under 14 years of age. Although in itself not a dangerous disease, it is so liable to leave weakness and complications behind that most careful nursing is necessary. The disease can be recognised by the spots which appear first near the temples and behind the ears, afterwards spreading over the whole body. Children in the same house should be isolated as far as possible, and should not attend school. A child who has had measles should not return to school under three weeks from the appearance of the rash. During the attack and immediately afterwards, every care must be taken to avoid a chill. The administration of Ucal Cod Liver Oil Emulsion is indicated as being calculated to restore the vitality and bodily strength more quickly.

Migraine or Sick Headache is commonly limited to one side of the head, and associated with nausea and vomiting. It is not always possible to prevent attacks coming on, but they can often be stopped by taking two or three Tablets of Aspirin, lying down absolutely quiet in a darkened room, applying cold water, or, preferably, Lavender Water to the head, and abstaining from food. If the complaint is inclined to become chronic, and attacks frequent, it is better to consult a doctor and find out the underlying cause. Should there be nervous or great physical weakness after an attack, Ucal Emulsion of Cod Liver Oil will be found most beneficial.

Mumps. A contagious epidemic disease which is due to inflammation of the salivary glands situated on either side of the lower jaw. It commences with more or less fever, swelling at the angle of the jaw, which gradually spreads to the face and neck in the vicinity of the gland. The patient should remain indoors. Hot fomentations should be applied to the swelling. The diet should consist of milk, milk and soda, chicken and mutton broth, etc. As an internal medicine give Ucal Fever Curer. The neck and parts affected



Price 1/3 per bottle.

THE REAL OLD-FASHIONED

TRADE MARK

Ucal
The Sign of Reliability

BRIMSTONE AND TREACLE

WITH DANDELION AND SARSAPARILLA

THE POPULAR SPRINGTIME REMEDY

PATENT Medicines give rise to great anxiety when administered to young children — that is why you may give "UCAL" Brand BRIMSTONE and TREACLE with full confidence. It is the real old-fashioned black treacle and sulphur—harmless—yet the safest and best Springtime remedy.

PURIFIES and enriches the Blood.

Removes SPRING RASH, SPOTS and PIMPLES.

Corrects disorders of the Blood.

7½D

may be gently rubbed with World's Embrocation, and keep the bowels open—it is advisable to give a dose of laxative immediately the complaint manifests itself.

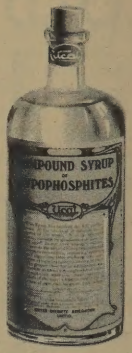
Considerable debility and anæmia may persist after the illness, and it is necessary to administer a tonic food for some considerable time. Ucal Emulsion of Cod Liver Oil is ideal for the purpose.

Nails, Ingrowing. Is practically limited to the toe nails, particularly affecting the great toe. The nails should be kept cut short, square across, and not trimmed down the corners. Loose fitting boots must be worn. Two or three times a day a little piece of lint, well soaked in Ucal Ointment, should be packed down the side of the nail between it and the skin. To avoid the condition keep the feet scrupulously clean.

Nervousness. Usually the result of overstrain, worry, debility or lowered vitality after illness. Bright cheerful surroundings are essential to recovery, and a certain amount of mental effort on the part of the patient is absolutely necessary. Give regular doses of Ucal Syrup of Hypophosphites, or the tonic, as per the following prescription :— Tab. Syr. Easton, half-dram. One tablet with water thrice daily after food.

Neuralgia. To avoid attacks those subject to the affliction should avoid sudden excitement and take plenty of exercise in the open air. At the same time avoid overstrain, either mental or physical. A regular diet of good plain food should be adopted, and regular hours of sleep cultivated. Ucal Neuralgia Mixture is useful in subduing the pain.

Neurasthenia. A type of complete nervous exhaustion arising from some mental cause, and often accompanied by hysteria. Radical treatment is absolutely necessary. If at all possible, the patient should have a complete change of environment, and a week or so in bed followed by a seaside holiday in pleasant but quiet surroundings. Ucal Compound Syrup of Hypophosphites is very helpful.

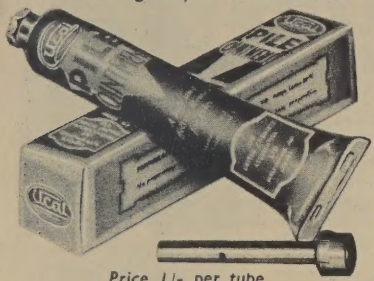


Prices 1/-, 1/9 and 3/- per bottle.

Nits and Head Parasites. At school, or in the tram or train, the cleanest child is liable to the intrusion of hair parasites. Ucal Nursery Hair Lotion absolutely clears the head of any pest of this character, and if used occasionally acts as complete preventive. It leaves the hair beautifully strong, glossy, and healthy. In very obstinate cases the daily application of Ucal Nit Ointment for a whole week will positively rid the head of all the above trouble.

Obesity. Active exercise and strict moderation in diet can do much towards reducing the tendency to superfluous flesh. Avoid the following foods :—Sweets, pastry, butter, fat, meat, potatoes, and, above all, sugar. Saccharine may be used as a sweetening agent. Turkish Baths and a regular use of Chelspa water are of great assistance in keeping down the weight. Ucal Marienbad Tablets are specially compounded to counteract a tendency to obesity.

Piles (or Hæmorrhoids). To prevent this painful ailment avoid constipation by suitable exercise, diet, and, if necessary, aperients. During an attack, keep the parts perfectly clean, and use Ucal Pile Ointment freely. Sufferers should abstain from all alcoholic stimulants and take regularly a course of Ucal



Price 1/- per tube.

Pile Cure Tablets, one to be swallowed after each meal and two at bedtime. Cold baths and the avoidance of sitting too long at a desk are also helpful.

Pleurisy. Inflammation of the protective walls of the chest. A disease characterised by many variations and complications. Each case must of necessity be treated on its merits, in accordance with the medical history and constitution of the person affected, so that the attention of a doctor is imperative.

Quinsy. An inflammation of one or both tonsils accompanied by fever and pains round the affected part. The patient should be examined by a doctor, especially if attacks are frequent—a slight operation may be necessary if the tonsils are permanently enlarged. Throat trouble arising from the tonsils can be prevented by regular use of Ucal Antiseptic Rose Gargle.

Rheumatism and Gout. These names cover a variety of diseases, complications and afflictions resulting from the secretion of Uric Acid in the body. An excess of this perfectly natural product in any part of the system will cause pain which can be either intermittent or continuous, recurrent or non-recurrent. In children the disease is often misnamed "Growing Pains," and requires the most careful medical attention, as the heart is very liable to be affected. In fact in any case of chronic Rheumatism it is advisable to consult a doctor and obtain expert advice on diet, exercise, districts to avoid, etc. If an attack is accompanied by a high temperature, the patient should go to bed, and take a thorough rest. Ucal Aspirin Tablets taken every four hours will speedily bring relief, and the joints may be gently massaged with Ucal Menthol and Winter-green Cream, and swathed in Medicated Wool. This latter treatment is specially suitable when the muscles are affected. Chelspa Water taken regularly is very efficacious in warding off attacks, the natural salts which are present in this famous water acting very favourably on a system inclined to Rheumatism. Alcoholic stimulants should only be given on medical advice.

Prices 1/3 and 2/- per bottle.

Rickets. Usually noticeable in a child when it first begins to walk, caused through lack of lime in the bones. Once these are deformed

nothing short of an operation can effect a cure, but a great deal can be done by suitable diet and treatment, if the disease is taken in time. The child should have plenty of fresh unskimmed milk, meat juice, fresh air and sunshine. In order to provide the necessary bone-forming material Ucal Emulsion of Cod Liver Oil with Hypophosphites is particularly useful.

Scalds. (See "Burns," page 12.)

Scarlet Fever. An acute infectious disease which is most prevalent in children between the ages of two and ten.

Symptoms. Rise in temperature, headache, sore throat, sometimes sickness. In about twenty-four hours the rash appears. The patient needs medical care; and should be carefully guarded from complications. Isolation usually lasts six weeks.

Scurf. (See "Hair, care of the"—page 20.)

Small-pox. A notifiable infectious disease. Medical attention is absolutely necessary, and removal to an isolation hospital is usually insisted upon. Vaccination has proved most efficient in protecting the system against attacks, and greatly modifies the effects of the disease in the unlikely event of a vaccinated person catching it. Vaccination should be repeated every six or seven years to secure the maximum of immunity.

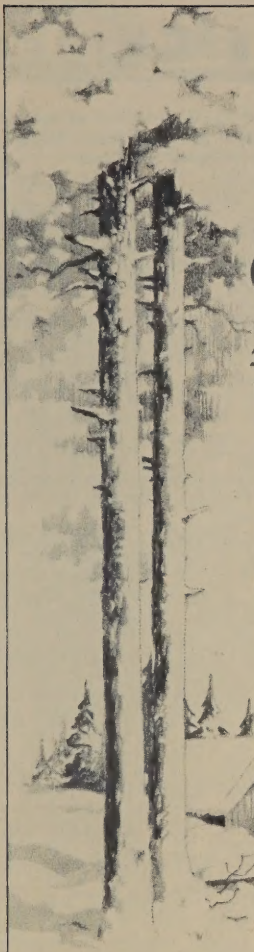
See "Chicken-pox" for distinctive differences between the two diseases.

Shingles. For the actual eruption little is required beyond the application of Ucal Dusting Powder; the part should be covered with cotton wool and a bandage. Neuralgia often accompanies this ailment in elderly people, and should be treated with Aspirin. Ucal Nerve Tonic is highly recommended as a preventive of renewed attacks.

Skin, care of. Everyone—certainly every woman—desires to keep as long as possible a clear, healthy complexion, a skin free from blemishes and a look of fitness which is such an asset both in social and business life.

Prices
1/3 and 3/- per bottle.

Regular attention to one or two simple rules will go a long way towards making this possible. Providing there is no radical disease, the skin should be of firm, even texture, and heal quickly if it is cut or scratched. To avoid roughness use soft water and avoid strong alkaline soaps. Ucal Medicated Skin Soap is especially suited to tender skins; besides being such an efficient cleansing agent, it is extremely soothing and perfectly antiseptic. As a healing agent, Ucal Ointment is supreme; for wind roughness or chaps, cuts, burns, or bruises, it is equally effective; whilst Ucal Blood Purifier provides just the internal medicine required to remove from the blood those impurities which are apt to collect, especially in the springtime, and result in disfiguring blotches.



Ucal
The Sign of Reliability

BRAND

HONEY GLYCERINE AND LEMON

WITH IPECACUANHA.

The Ideal winter Remedy for Coughs and Colds.

OLD-FASHIONED! yes, but it's safe, made only with the very finest and purest of ingredients; nothing can be safer or better for young children.

It's good for Adults too!

Immediately relieves:

SORE THROATS,
TIGHT CHESTS,
HACKING COUGH
and also
CUTS the PHLEGM

PER 8½D. PAIL

Skin, Preservation and Whitening. For general care of the skin Ucal Lemon Creme will be found most excellent in keeping the hands beautifully soft and white.

Price 1/3 per bottle.

Sore Throat. Those susceptible to frequent sore throats should always keep a tin of Ucal Iodized Throat Lozenges handy. These will gradually harden the tissues and also prevent the entrance of infection through the throat. If a more astringent effect is required and the voice is husky and the throat relaxed, Ucal Astringent Rose Gargle will be found most beneficial.

Sprains. The result of forcibly overstraining the ligaments of a joint. The part should be lightly bandaged, and the bandage soaked in cold water or Arnica Lotion. A sprain should always be treated at first with absolute rest. The pain and swelling should then subside in a couple of days ; if this period is long delayed, a doctor should be consulted. When the swelling has gone down the parts may be gently massaged with World's Embrocation and gradually brought into use again.

Stiff Neck. A form of Muscular Rheumatism, to be treated on the same lines as Muscular Rheumatism in other situations.

Stomach Disorder. Indigestion in its many forms is one of the most common of modern complaints. For the relief of all stomach disorders, Professor Maclean's formula has established a world-wide reputation with the Medical Profession. A brief treatise on the subject of Stomach Disorders and the Ucal Brand of Maclean's Powder follows :—

What it is. It is not a secret or patent Medicine, but is prepared according to the formula of a famous London Physician from the purest ingredients, and with the care and skill that characterises all Ucal products.

In taking Ucal Brand of Professor Maclean's Alkaline Stomach Powder you are assured that the intentions of the prescriber are faithfully carried out. It will act like a charm in all ordinary cases of acute indigestion ; if the trouble persists after a period of treatment with the powder, gastric or duodenal ulcers may be suspected, in which case, a doctor should be consulted.

Acute Indigestion, one of the most common of complaints, occurs at all ages, and is usually traceable to errors in diet. It may follow the ingestion of more food than the stomach can digest, or it may result from taking unsuitable articles which either themselves irritate the mucosa, or remaining undigested, decompose, producing an acid condition of the stomach, and so excite acute dyspepsia. The tendency to acute indigestion varies very much in different individuals, and, indeed, in families. We recognise this in using the expressions a "delicate stomach" and a "strong stomach."

Practically all cases of disturbed digestion come from hasty and imperfect mastication of the food, and over-eating. Many persons habitually eat too much, and it is probably true that a greater number of maladies arise from excess in eating than from excess in drinking.

Symptoms. An uncomfortable feeling of distress and oppression in the abdomen, headache, depression, nausea, perhaps vomiting, which usually gives some relief. In severe forms the attack may set in with a chill and

febrile reaction. The tongue is furred and the breath heavy. The abdomen may be somewhat distended and slightly tender in the epigastric region. Eructation of gas, which may continue for some hours after taking food, is a very prominent feature.

Treatment. First of all, two important simple rules should be observed in the treatment of indigestion :—

(1) As far as possible, food should be taken at stated regular intervals, avoiding eating between meals.

(2) Always leave the table with the feeling that you would like a little more.

Hydrochloric Acid is always present in the digestive organs. When indigestion occurs the normal content of this acid is much reduced. The antiseptic power of the gastric juice is thereby much lowered, and fermentation of the food proceeds apace. Fermentative acid, such as Lactic Acid and Butyric Acid, are formed, and as food remains in the stomach undigested for long periods, and fresh wholesome food is constantly added (which in turn also becomes acid and fermented), gases are produced, the organs become distended, frequently with the result that pressure is exerted upon the heart and the familiar feeling of Heartburn results. This acidity very rarely corrects itself, therefore help (in the form of an acid neutraliser) must be given. The one safe and sure means of relief is to take a skilfully compounded antacid, in order that these cumulative acids may be completely destroyed.

Ucal Brand of Professor Maclean's Alkaline Stomach Powder is such a preparation. It neutralises excess acid immediately, and stops the food fermenting. It soothes and heals the inflamed lining of the stomach, and gives the heart room to work normally. The formula from which it is prepared has been in constant use over a period of years, and has been thoroughly tested. A mass of medical evidence is now available, proving beyond all possible doubt its marvellous value and efficacy even in severe cases.

Price 1/6 per jar.

Sty. (See "Hordeolum," page 22.)

Thrush. Is due to a fungus growth appearing in the mouth of an infant, white pearly specks like milk-curd, which grow rapidly into a membrane. It only appears in those of impaired health or who have been using dirty feeding bottles. It should be removed by washing the mouth frequently with borax solution—10 grains to the ounce of water—and painting with Glycerine of Borax. The general health must be maintained, the bowels regulated, and scrupulous cleanliness of food and vessels attended to.

Toothache. When a tooth aches immediate relief may be obtained by the application of Ucal Magic Toothache Cure. The care of the Teeth is a subject which is rightly receiving an increasing amount of attention. Dental decay, which is the root-cause of all toothache, can be prevented only by unremitting

A large fleet of all-British "Albion" vans is maintained for Road Transport Service

THERE are over 6,000 "Ucal" Agencies in the country, nearly all of which are served by the "Ucal" Motor Road Transport Service. The deliveries throughout England and Wales constitute, on an average, a regular fortnightly delivery to all the qualified chemists who own and control the "Ucal" Agencies. This is a very important factor, as it enables the chemists to sell to the public the freshest and newest stocks of "Ucal" Medical and Toilet Requisites.

The strict analytical control applied to all "Ucal" Preparations, and the frequency of deliveries, goes far in making the Trade Mark also the Hall Mark of Medical products.

DIRECT TO YOUR 'UCAL' CHEMIST

"UCAL"

MOTOR ROAD TRANSPORT SERVICE

THROUGHOUT GREAT BRITAIN

care and by visiting a dentist regularly. The cleansing of the teeth is a very important process—a mere rubbing of the front surfaces with a little pleasantly flavoured paste once a day is next door to useless.

To prevent the collection and decay of food particles, the teeth should be thoroughly brushed after every meal, and special attention paid to the spaces between and behind them. Ucal Peroxide Tooth Paste, strongly antiseptic, is an ideal preparation to use to wash away all impurities, leaving a clean antiseptic and anti-acid state of the mouth—besides being pleasant, it is strongly resistant to the decay germs. For children and those preferring a mild flavour in Dental Creams, use Tucalia Dental Cream. Brush with a circular motion from the gum upwards, and sluice the mouth well afterwards with cold water, not forgetting to clean the roof of the mouth, the gums and tongue at the same time. If a tooth should show signs of decay see a dentist at once. No amount of brushing will stop the germ once it has penetrated the enamel. Stomach troubles, neuralgic pains and many other disorders originate from decayed teeth, so that too much care cannot be bestowed upon them.

Typhoid Fever. A continued fever of long duration, usually accompanied by diarrhœa and the appearance of a rose-coloured rash. The disease is both infectious and dangerous—it requires the earliest possible examination by a doctor, and the most efficient and devoted nursing.

Ulcers. Are sores which discharge matter, and may result from any form of irritant, applied to skin or other surface on which they may appear. Poorness of the Blood, general weakness of the constitution or a defective condition of the circulation, are also factors in their production. Ucal Emulsion or Ucal Malt Extract is recommended to improve the nourishment, and Ucal Blood Purifier will help to get rid of obnoxious matters in the system. Ucal Hepatic Salt is particularly useful in varicose ulcers of the leg. Rest in a horizontal position will help the circulation in the latter condition. Wet Boracic Dressings followed by Ucal Ointment should be applied locally where possible. Ulcers in the mouth are frequently due to indigestion, in which case treat as in Stomach Disorders.

Urine. (See "Kidney Complaints," page 23.)

Warts. Apply Ucal Wart Charmer, which will quickly rid the skin of these eruptions.

Weakness and General Debility. In cases of children give Ucal Nutritive Tonic or Ucal Emulsion, according to directions. In adults Ucal Malt Extract with Cod Liver Oil and plenty of nourishing food and outdoor exercise are indicated. Ucal Syrup of Hypophosphites is particularly useful where there is an increasing tendency to a nervous breakdown. The condition is usually a chronic one, and treatment must be persistent. An entire change of scenery and society is often useful.

Whitlow. The term may be applied to any form of acute inflammation or septic infection of the fingers. The deeper the infection the more serious is the condition, because it is likely to get into the tendon sheaths and spread up the hand or even further. The first symptom is a throbbing pain in the

affected finger, made worse if the hand is allowed to hang down. The hand should be kept supported in a sling. A hot fomentation (Boracic lint wrung out in hot water, and completely covered by a piece of oil-skin) may be applied to relieve the pain, and bring the inflammation to a head. When the wound is clean, an application of Ucal Ointment twice daily is necessary. A Whitlow may appear to be a very small thing for medical aid, but where lancing appears necessary a doctor should be at once consulted.

Whooping Cough. Is epidemic, and the child should be isolated from others who have never had an attack. During the first catarrhal bronchitis stage all cases are best kept in bed. Once a whoop has developed the patient is better to be up, always provided there are no complications; and strong children are undoubtedly better to be out of doors in dry, warm weather. Weakly children, on the other hand, should be kept in the house, but in a freely ventilated room, not in a hot, stuffy atmosphere. Ucal Whooping Cough Mixture should be given, and the whole of the chest—front, back, and both sides—should be rubbed with Ucal Whooping Cough Embrocation. The diet should be light, but seldom needs to be restricted entirely to liquids. It is a good plan to feed immediately after a bout of coughing. When the cough has subsided, Ucal Malt Extract and Cod Liver Oil is of the greatest assistance in re-establishing the normal health.

Price 1/3 per bottle.

Worms. Starvation, medication and purgation is the key-note of the successful treatment of all kinds of intestinal worms. First of all, clear the bowels by giving a good dose of castor oil the night before. If this has not acted first thing in the morning a dose of salts will assure it. The bowels being empty, the drug for killing the parasite, or at all events for temporarily paralysing it, will have the better chance to act. Keeping the patient without food in the meantime, Ucal Worm and Aperient Powders, or Ucal Chocolate Worm Cakes, may be given. Two hours afterwards another dose of salts will effectually expel anything which has been left. The treatment should be repeated in three or four days.

NURSERY NECESSITIES

PREPAREDNESS is one of the watchwords of all successful mothers. Nothing is more annoying than to find yourself out of something you need for your baby's welfare at a time when shops are closed. Sometimes it is positively dangerous to be without the necessary article or preparation.

For the help of mothers we append a list of what they ought to have always at hand in some definite place, such as a special cupboard, shelf, or cabinet. They should go over it every week, and make up any deficiencies at once. Ucal chemists everywhere can supply all that is needed.

CREAM OF MAGNESIA—UCAL.

Forms a valuable addition to Milk Diet, taking the place of Lime Water. Invaluable for infants as an Antacid, Laxative, Aperient, Mouth Wash or for Discomfort of the Stomach after meals.

1/3 and **2/-** per bottle.

UCAL BABY POWDER.

Is manufactured by the most modern machinery from the best material available, and is an absolutely reliable preparation. Many dusting powders sold are made from cheap, common materials, and may cause no end of trouble and discomfort. You are safe in always using Ucal Brand.

Price **1/-** per tin.

SAVON UCALIA.

A toilet soap specially suited to soft, tender skin of Baby. Cooling and allays irritation.

6d. per tablet, or
1/6 per box of 3 tablets.

UCAL SUPER OLIVE OIL.

Excellent for removing the scurf and dryness from baby's scalp—caused by the frequent washing with hard, soapy water. Keeps the skin beautifully soft and healthy.

Prices, **7½d.**, **1/-**, **1/9** and **2/9**

FRUIT LAXATIVES,

7½d. per box.

HONEY, GLYCERINE and LEMON with IPECACUANHA,

8½d.

STICKING PLASTER.

Dr. FOSTER'S COOLING POWDERS.

Which are prepared from an old and valued recipe, have been found useful in many thousands of cases. They are absolutely safe, and being free from all injurious drugs, may be used freely during this distressing period. They have a long-established reputation which places them beyond criticism.

Price **1/3** per box.

INFANTS' GRIPE MIXTURE —P.J.F.

A simple, safe, and effective remedy in all cases of disordered stomach or flatulence in children. Quickly "brings up the wind." Entirely free from Opium and other narcotic drugs.

Price **1/3** per bottle.

UCAL BORATED ZINC and STARCH POWDER.

A standard formula, but made with the very finest materials procurable. Perfectly smooth, free from rough patches; very drying and most cooling for tender skins. Price **6d.** per round carton—Sifter top.

SOME UCAL NURSERY NECESSITIES

Nursery Necessities—*continued*

WHOOPING COUGH MIXTURE
—P.J.F. **1/3** per bottle

UCAL BABY CREAM
Is a soothing and healing ointment specially prepared for nursery use. The main points of this article are its wonderful healing properties and its extreme purity.
Price **1/-** per jar.

BANDAGES.
(One each : 1 in., 2 in., 2½ in., 3 in.)

SAFETY PINS.

SCISSORS, Pair of.

MEDICATED COTTON WOOL.

BORACIC LINT.

BI-CARBONATE OF SODA
(in a bottle or tin.)

CARRON OIL.

LIME WATER.

IPECACUANHA WINE.

THERMOMETERS
(Clinical and Bath).

PERMANGANATE OF POTASH.

UCAL OINTMENT, 1/3 and 3/-.

UCAL MEDICATED SOAP, 10½d.

STAINLESS IODINE OINTMENT, 1/3.

WORLD'S RECORDS IN SPORT

GOLF.

OPEN AMATEUR CHAMPIONSHIP.

Year	Winner	Runner-up	Venue	Won by
1912	J. Ball	Abe Mitchell ...	Westward Ho ...	38th hole
1913	H. H. Hilton	R. Harris	St. Andrews ...	6 and 5
1914	J. L. C. Jenkins	C. O. Hezlet ...	Sandwich	3 and 2
1915-1919	Not played.			
1920	C. J. H. Tolley	R. A. Gardner ...	Muirfield	37th hole
1921	W. I. Hunther	A. J. Graham ...	Hoylake	12 and 11
1922	E. W. Holderness ...	J. Cavan	Prestwick	2 and 1
1923	R. H. Wethered ...	R. Harris	Deal	7 and 6
1924	Sir E. W. Holderness ...	E. Storey	St Andrews ...	3 and 2
1925	R. Harris	K. Fradgley	Westward Ho ...	13 and 12
1926	Jim Sweetster (U.S.A.)	A. F. Simpson ...	Muirfield	6 and 5
1927	Dr. W. Tweddell ...	D. E. Landale ...	Hoylake	7 and 6
1928	T. P. Perkins	R. H. Wethered ...	Prestwick	6 and 4
1929	C. J. H. Tolley	J. N. Smith	Sandwich	4 and 3
1930	R. T. Jones (U.S.A.) ...	R. H. Wethered ...	St. Andrews ...	7 and 6
1931	E. Martin Smith ...	J. De Forest ...	Westward Ho ...	39th hole
1932	J. De Forest	E. Fiddian	Muirfield	3 and 1
1933	Hon. Michael Scott ...	Dale Bourne ...	Hoylake	4 and 3

OPEN CHAMPIONSHIP.

Year	Winner	Venue	Score
1912	Edward Ray	Muirfield	295
1913	J. H. Taylor	Hoylake	304
1914	H. Vardon	Prestwick	306
1915-1919	No contest.		
1920	G. Duncan	Deal	303
1921	Jock Hutchison	St. Andrews	296
1922	Walter Hagen	Sandwich	300
1923	A. G. Havers	Troon	295
1924	Walter Hagen	Hoylake	301
1925	Jim Barnes	Prestwick	300
1926	R. T. Jones	R. L. St. Annes	291
1927	R. T. Jones	St. Andrews	285
1928	Walter Hagen	Sandwich	292
1929	Walter Hagen	Muirfield	292
1930	R. T. Jones	Hoylake	291
1931	T. Armour	Carnoustie	296
1932	E. Sarazen	Sandwich	283
1933	Densmore Shute and Craig Wood	St. Andrew's	(Tie) 292

Densmore Shute won the play off

LADIES' OPEN CHAMPIONSHIP.

Year	Winner	Year	Winner	Year	Winner
1912	Miss Ravenscroft	1922	Miss J. Wethered	1928	Mlle M. le Blam
1913	Miss M. Dodd	1923	Miss D. Chambers	1929	Miss J. Wethered
1914	Miss Cecil Leitch	1924	Miss J. Wethered	1930	Miss D. Fishwick
1915-19	No contest.	1925	Miss J. Wethered	1931	Miss E. Wilson
1920	Miss Cecil Leitch	1926	Miss Cecil Leitch	1932	Miss E. Wilson
1921	Miss Cecil Leitch	1927	Mlle de la Chaume	1933	Miss E. Wilson

THE RYDER CUP
(Professional).

1926	Great Britain beat America	13½ — 1½
1927	America beat Great Britain	9½ — 2½
1929	Great Britain beat America	7 — 5
1931	America beat Great Britain	9 — 3
1933	Great Britain beat America	6½ — 5½

THE WALKER CUP
(Amateur).

1921	America beat Great Britain	9 — 3
1922	America beat Great Britain	8 — 4
1923	America beat Great Britain	6 — 5
1924	America beat Great Britain	9 — 3
1926	America beat Great Britain	6 — 5
1928	America beat Great Britain	11 — 1
1930	America beat Great Britain	10 — 2
1932	America beat Great Britain	8 — 1

• • •

LAWN TENNIS.

ALL-ENGLAND CHAMPIONSHIP.

Year	Winner	Year	Winner	Year	Winner
1912	A. F. Wilding	1922	G. L. Patterson	1928	R. Lacoste
1913	A. F. Wilding	1923	W. N. Johnston	1929	H. Cochet
1914	N. E. Brookes	1924	J. Borotra	1930	W. T. Tilden
1915-1918	No competition	1925	R. Lacoste	1931	S. B. Wood
1919	G. L. Patterson	1926	J. Borotra	1932	H. E. Vines
1920	W. T. Tilden	1927	H. Cochet	1933	J. H. Crawford
1921	W. T. Tilden				

LADY CHAMPIONS.

Year	Winner	Year	Winner	Year	Winner
1912	Mrs. Larcombe	1922	Mlle Lenglen	1928	Miss H. Wills
1913	Mrs. L. Chambers	1923	Mlle Lenglen	1929	Miss H. Wills
1914	Mrs. L. Chambers	1924	Miss K. McKane	1930	Mrs. Wills-Moody
1915-1918	No competition	1925	Mlle Lenglen	1931	Fraul. C. Aussem
1919	Mlle Lenglen	1926	Mrs. Godfree	1932	Mrs. Wills-Moody
1920	Mlle Lenglen	1927	Miss H. Wills	1933	Mrs. Wills-Moody
1921	Mlle Lenglen				

DOUBLES CHAMPIONS.

Year	Winners		Year	Winners	
1912	H. R. Barrett	C. P. Dixon	1925	J. Borotra	R. Lacoste
1913	H. R. Barrett	C. P. Dixon	1926	H. Cochet	J. Brugnon
1914	N. E. Brookes	A. F. Wilding	1927	W. T. Tilden	F. T. Hunter
1915-1918	No competition		1928	H. Cochet	J. Brugnon
1919	R. V. Thomas	Capt. P. O'Hara Wood	1929	W. J. Allison	J. van Ryn
1920	C. S. Garland	R. N. Williams	1930	W. J. Allison	J. van Ryn
1921	R. Lycett	M. Woosnam	1931	G. M. Lott	J. van Ryn
1922	J. O. Anderson	R. Lycett	1932	J. Borotra	J. Brugnon
1923	R. Lycett	L. A. Godfree	1933	J. Borotra	J. Brugnon
1924	V. Richards	F. T Hunter			

LAWN TENNIS—*continued.*

MIXED DOUBLES CHAMPIONS.

Year	Winners		Year	Winners	
1912	J. C. Parke	Mrs. Larcombe	1925	J. Borotra	Mlle Lenglen
1913	H. Crisp	Mrs. Tuckey	1926	L. A. Godfree	Mrs. Godfree
1914	J. C. Parke	Mrs. Larcombe	1927	F. T. Hunter	Miss Ryan
1915-1918	No competition.		1928	P. D. B. Spence	Miss Ryan
1919	R. Lycett	Miss Ryan	1929	F. T. Hunter	Miss H. Wills
1920	G. L. Patterson	Mlle Lenglen	1930	J. Crawford	Miss Ryan
1921	R. Lycett	Miss Ryan	1931	J. M. Lott	Mrs. L. Harper
1922	P. O'Hara Wood	Mlle Lenglen	1932	E. Maier	Miss E. Ryan
1923	R Lycett	Miss Ryan	1933	G. von Cramm	Fraulein Frahwinkel
1924	J. B. Gilbert	Miss K. McKane			

LADIES' DOUBLES CHAMPIONS.

Year	Winners		Year	Winners	
1912	Mrs. Larcombe	Miss Longhurst	1925	Mlle Lenglen	Miss Ryan
1913	Mrs. McNair	Miss Boothby	1926	Miss Ryan	Miss M. Brown
1914	Miss Morton	Miss Ryan	1927	Miss H. Wills	Miss Ryan
1915-1918	No competition.		1928	Mrs. Watson	Miss P. Saunders
1919	Mlle Lenglen	Miss Ryan	1929	Mrs. Walton	Mrs. L. R. Mitchell
1920	Mlle Lenglen	Miss Ryan	1930	Mrs. Wills-Moody	Miss Ryan
1921	Mlle Lenglen	Miss Ryan	1931	Mrs D. C. S. Barron	Miss Mudford
1922	Mlle Lenglen	Miss Ryan	1932	Mlle D. Mataxa	Mlle J. Sigart
1923	Mlle Lenglen	Miss Ryan	1933	Mme. R. Mathieu	Miss E. Ryan
1924	Miss H. Wills	Mrs. Wightman			

INTERNATIONAL CHAMPIONSHIP.

DAVIS CHALLENGE CUP.

Year		
1912	England beat Australia	3 — 2
1913	U.S.A. beat England	3 — 2
1914	Australia beat U.S.A.	3 — 2
1915-1918	No contest.	
1919	Australia beat England	4 — 1
1920	U.S.A. beat Australia	5 — 0
1921	U.S.A. beat Japan	5 — 0
1922	U.S.A. beat Australia	4 — 1
1923	U.S.A beat Australia	4 — 1
1924	U.S.A. beat Australia	5 — 0
1925	U.S.A. beat France	5 — 0
1926	U.S.A. beat France	4 — 1
1927	France beat U.S.A.	3 — 2
1928	France beat U.S.A.	4 — 1
1929	France beat U.S.A.	3 — 2
1930	France beat U.S.A.	4 — 1
1931	France beat England	3 — 2
1932	France beat U.S.A.	3 — 2
1933	England beat France	3 — 2

THE WIGHTMAN CUP.

Year	Winner	Year	Winner	Year	Winner
1923	U.S.A.	1927	U.S.A.	1931	U.S.A.
1924	England	1928	England	1932	U.S.A.
1925	England	1929	U.S.A.	1933	U.S.A.
1926	U.S.A.	1930	England		

Here's — The very Best

TRADE Ucal MARK
The Sign of Reliability

GINGER WINE ESSENCE

What a drink to cheer you!

INDISPENSABLE, because it is so popularly 'dispensable.'

It warms as it stimulates, as it cheers—yet it's non-alcoholic.

A 9d. bottle is sufficient to make a whole gallon of fine old-style Ginger Wine—only sugar and water to be added.

¶ It aids digestion, too!

The Ideal Party Drink enjoyed by young and old

9D & 1/4 PER BOTTLE

FOOTBALL ASSOCIATION CUP.

1912	Barnsley	beat	West Bromwich Albion	1 — 0
1913	Aston Villa	,,	Sunderland	1 — 0
1914	Burnley	,,	Liverpool	1 — 0
1915	Sheffield United	,,	Chelsea	3 — 0
1920	Aston Villa	,,	Huddersfield Town	1 — 0
1921	Tottenham Hotspur	,,	Wolverhampton Wanderers	1 — 0
1922	Huddersfield Town	,,	Preston North End	1 — 0
1923	Bolton Wanderers	,,	West Ham United	2 — 0
1924	Newcastle United	,,	Aston Villa	2 — 0
1925	Sheffield United	,,	Cardiff City	1 — 0
1926	Bolton Wanderers	,,	Manchester City	1 — 0
1927	Cardiff City	,,	Arsenal	1 — 0
1928	Blackburn Rovers	,,	Huddersfield Town	3 — 1
1929	Bolton Wanderers	,,	Portsmouth	2 — 0
1930	Arsenal	,,	Huddersfield Town	2 — 0
1931	West Bromwich Albion	,,	Birmingham	2 — 1
1932	Newcastle United	,,	Arsenal	2 — 1
1933	Everton	,,	Manchester City	3 — 0

• • •

CRICKET.

ENGLAND v. AUSTRALIA.

Results of Test Matches.

PLAYED IN AUSTRALIA.

Year	Winner	By
1911	Australia	146 runs
1912	England	8 wickets
1912	England	7 wickets
1912	England	Innings and 225
1912	England	70 runs

Captain—J. W. H. T. Douglas.

1920	Australia	377 runs
1920	Australia	Innings and 91
1921	Australia	119 runs
1921	Australia	8 wickets
1921	Australia	9 wickets

Captain—J. W. H. T. Douglas.

1924	Australia	193 runs
1925	Australia	82 runs
1925	Australia	11 runs
1925	England	Innings and 29
1925	Australia	307 runs

Captain—A. E. R. Gilligan.

1928	England	675 runs
1928	England	8 wickets
1929	England	3 wickets
1929	England	12 runs
1929	Australia	5 wickets

Captain—A. P. F. Chapman.

1932	England	10 wickets
1932/3	Australia	111 runs
1933	England	338 runs
1933	England	6 wickets
1933	England	8 wickets

Captain—D. R. Jardine.

Played	72
England Won	32
Australia Won	38
Drawn	2

PLAYED IN ENGLAND.

Year	Winner	By
1912	Drawn	
1912	Drawn	
1912	England	244 runs

Captain—S. E. Gregory.

1921	Australia	10 wickets
1921	Australia	8 wickets
1921	Australia	219 runs
1921	Drawn	
1921	Drawn	

Captain—W. W. Armstrong.

1926	Drawn	
1926	Drawn	
1926	Drawn	
1926	Drawn	
1926	England	289 runs

Captain—H. L. Collins.

1930	England	93 runs
1930	Australia	7 wickets
1930	Drawn	
1930	Drawn	
1930	Australia	Innings and 39

Captain—W. M. Woodfull.

Played	57
England Won	19
Australia Won	13
Drawn	25

Do You Know?—

WHAT IS THE SIZE OF THE HUMAN HEART?

The heart of the average adult is about 5 ins. in length, $3\frac{1}{2}$ ins. broad and $2\frac{1}{2}$ ins. thick.

* * *

WHO WROTE THE NATIONAL ANTHEM?

There is some doubt as to the exact identity of the composer, but it is generally attributed to Dr. John Bull (1563-1628). At one stage of his career he was organist to King James I.

* * *

HOW LARGE IS THE SAHARA?

The Sahara is the largest desert in the world. Its length from East to West is about 3,000 miles, its average width approximately 900 miles, and its total area about 2,000,000 square miles.

* * *

—that there are over 2,750 languages in the world.

* * *

—that out of the 26 barons who signed the Magna Charta, only 3 could sign their own names. The rest made their marks.

* * *

—that in the library of the British Museum there are over 34 miles of shelves filled with books.

—that in the 16th century it was customary to put on one side of the blades of table knives the musical notes of the benediction or grace before meat, and on the other side the grace after meat.

* * *

HOW TO CURE A NETTLE STING?

The sting of a nettle can be cured by rubbing the affected part with rosemary, mint or sage leaves. Dock leaves bruised are also an effective remedy, and are usually to be found near by.

* * *

HOW SLOW AN AEROPLANE CAN GO?

Few machines can fly with safety in still air at less than 40 miles per hour.

* * *

WHO FLEW THE FIRST AEROPLANE?

Orville Wright, the brother of Wilbur Wright, at Kill Devil Hills, Dayton, Ohio, on December 17th, 1903.

* * *

WHICH IS THE LONGEST BRIDGE IN THE WORLD?

It is the one which crosses the Yellow Sea near Sanging, in China. It is over three miles in length, and consists of some three hundred arches.

WHICH IS THE SMALLEST ARMY IN THE WORLD?

The smallest army in the world is that of Monaco, which consists of 75 guards, 75 carabineers and 20 firemen.

* * *

WHAT THE GREAT WAR COST?

Up to March, 1916, Great Britain had incurred a total war responsibility of £2,052,000,000—a gross cost of £5,000,000 per day. In May, 1917, it had risen to an average war expenditure of close on £7,000,000 per day. In 1918 the total war costs had exceeded £5,000,000,000. Germany's war outlay at the same date was £5,000,000 per day, and that of France £4,409,000.

* * *

HOW THE UNION JACK IS MADE UP?

Was a combination of two flags—the banner of St. George, white with a red cross, the banner of Scotland, blue with a white diagonal cross. This combination was effected after the union with Scotland, and the term Jack is supposed to refer to James I (Jacques). A further addition was made to the flag after the union with Ireland in 1801, when the banner of St. Patrick, white with a diagonal red cross, was introduced.

THESE FACTS ABOUT THE BIBLE?

The Bible contains 3,566,480 letters, 773,746 words, 31,173 verses, 1,189 chapters, and 66 books. The word "AND" occurs 46,277 times. The word "LORD" occurs 1,855 times. The word "REVEREND" occurs but once, which is in the ninth verse of the 111th Psalm. The middle verse of the Bible is the eighth one in the 118th Psalm. The 21st verse of the 7th chapter of Ezra contains all the letters of the alphabet except J. The longest verse is the 9th verse of the 8th chapter of Esther. The shortest verse is the 35th verse of the 11th chapter of St. John. There are no words or names of more than six syllables.

* * *

—that Lake Superior, in the United States of America, is the largest lake in the world.

* * *

—that the word "news" was not, as many suppose, derived from the adjective new, but from the fact that many years ago it was customary to put at the head of the periodical publications of the day the initial letters of the compass, thus: N W—E S This signified that the matter contained therein was from the four quarters of the globe, and from the letters came the word "NEWS."

FULL OF HEALTH & SUNSHINE

1lb 1/6
2lb 2/9

'PAROMALT'

The ucal *Brand*

The Sign of Reliability

OF MALT AND OIL WITH PARRISH'S CHEMICAL FOOD

BADLY built ships soon become old hulks. It is much the same with children; their bodies must be made healthy and strong—with firm flesh and strong bones, or they can never survive the hardships of modern times.

Doctors recommend "PAROMALT" because it is:—

BODY-BUILDING, BONE-FORMING, and a NERVE TONIC all combined.

It is also a valuable Digestive agent.

NOTE—The Cod Liver Oil is guaranteed by the Norwegian Institute to contain 250 units Vitamin "A" and 500 units Vitamin "D" per gramme.

For CHILDREN, ADULTS & INVALIDS

—that pews were first placed in churches for the use of Norman nobles. Ordinary worshippers sat on three-legged stools.

* * *

—that Kangaroos can leap 70 feet with ease.

* * *

—that the sound of thunder may be heard from twenty to twenty-five miles, and lightning is reflected from 150 to 200 miles.

* * *

—that in Queensland there is the thickest coal seam in the world. Its average thickness is 93 feet; the whole depth is of pure coal.

* * *

WHAT WHITE ELEPHANT MEANS?

Is a term in common use to designate a gift that is worth far less than the cost and trouble to which it puts the recipient. The term is derived from an old time custom of the kings of Siam, who used to present a white elephant to a courier whom they wished to ruin.

WHAT ARTESIAN WELLS ARE?

They are so-called because of them first being discovered at Artois. They are borings made through stata through which water cannot permeate to others of a porous kind which are full of water. The fountains in Trafalgar Square are fed by artesian wells sunk through the London clay into the chalk about 400 feet.

* * *

THAT THE TOWER OF LONDON

was a royal palace from the time of William the Conqueror, who began the building of the White Tower in 1078. Later kings made considerable additions. The Crown jewels are kept at the Tower, and in the Armoury a fine collection of armour of various dates is preserved.

* * *

—that the biggest trees in the world are the mammoth trees of California. One of them was shown to be 276 feet in height, 108 feet in circumference at the base. Some of the trees are even 376 feet in height, and 34 feet in diameter.

TO BE WELL GROOMED IS ESSENTIAL

. . . . Ladies and Gentlemen, for both, a well-groomed head gives the finishing touch . . . . . it is to be admired.

Constant brushing and Ucal Hair Tonic is the safe way to thick, strong and glossy hair. Prevents thinness and falling.

PRICES
1/3 2/3 4/-

Ucal
The Sign of Reliability

HAIR TONIC

REMOVES Dandruff, gives tone and brilliance, strengthens the roots and prevents weak and falling hair.

A Genuine Strengthening Tonic.

STAMPS, TAXES, DEATH DUTIES, &c.

STAMP DUTIES.

	£	s.	d.
Affidavit, or Statutory Declaration	0	2	6
Agreement, or Memorandum under hand only, not otherwise charged	0	0	6
Apprenticeship Indentures ...	0	2	6
Armorial Bearings (Great Britain)	1	1	0
If used on any Carriage	2	2	0
Bills of Exchange on demand ...	0	0	2
Bill of Lading	0	0	6
Certificates—			
Birth, baptism, marriage, or burial	0	0	1
Conveyance.—When the purchase money for property (other than shares) shall not exceed ... £5	0	1	0
,, ... 10	0	2	0
,, ... 15	0	3	0
,, ... 20	0	4	0
,, ... 25	0	5	0
Every additional £25 to £300 ...	0	5	0
Exceeding £300, then for every £50	0	10	0
Limited Liability Companies :—			
On every £100 of capital to be raised	0	10	0
Patent (Letters) for Inventions :—			
Application for Provisional Protection	1	0	0
On filing complete specification	3	0	0
Before expiration of 5th year from date—	5	0	0
,, 6th ,, ...	6	0	0
,, 7th ,, ...	7	0	0
,, 8th ,, ...	8	0	0
,, 9th ,, ...	9	0	0
,, 10th ,, ...	10	0	0
,, 11th ,, ...	11	0	0
,, 12th ,, ...	12	0	0
,, 13th ,, ...	13	0	0
,, 14th ,, ...	14	0	0

(*The patentee may pay the whole or any portion of the aggregate of the prescribed annual fees in advance*).

ENTERTAINMENTS TAX.

Rates of Duty where Admission (excluding tax) does not exceed :—

2½d.	Tax	½d.
6d.	,,	1d.
7½d.	,,	1½d.
10d.	,,	2d.
1s. 0½d.	,,	2½d.
1s. 3d.	,,	3d.

beyond 1s. 3d., for the first 1s. 3d., 3d.; and 1d. for every 5d. or part of 5d. over 1s. 3d.

ESTATE DUTY.

Exceeds	Rate per cent		Rate per cent
£100	£1	£75,000 ...	£18
500	2	85,000 ...	19
1,000	3	100,000 ...	20
5,000	4	120,000 ...	22
10,000	5	150,000 ...	24
12,500	6	200,000 ...	26
15,000	7	250,000 ...	28
18,000	8	300,000 ...	30
21,000	9	400,000 ...	32
25,000	10	500,000 ...	34
30,000	11	600,000 ...	36
35,000	12	800,000 ...	38
40,000	13	1,000,000 ...	40
45,000	14	1,250,000 ...	42
50,000	15	1,500,000 ...	45
55,000	16	2,000,000 ...	50
65,000	17		

Gifts within three years of the testator's death are liable to duty.

LICENCES AND DUTIES.

	£	s.	d.
Carriages, Annual (Gt. Britain) :—			
With four or more wheels, fitted for two or more horses ...	2	2	0
With four or more wheels, fitted for one horse	1	1	0
With fewer than four wheels ...	0	15	0
For every hackney carriage ...	0	15	0
Dogs of any kind (Great Britain) ... (*Dogs under 6 months of age, shepherd's dogs and blindmen's dogs are exempt*).	0	7	6
Game Dealer's Licence (U.K.) ...	2	0	0
Game Licences (U.K.) after 31st July to expire on 31st July following	3	0	0
,, After 31st July, expire 31st Oct.	2	0	0
,, After 31st Oct., expire 31st July	2	0	0
Gamekeepers (Great Britain) ...	2	0	0
Gun or Pistol (Licence to use or carry)	0	10	0
House Agents, letting furnished houses the rent exceeding £25 a year	2	0	0
Marriage licence, Special, England and Ireland	25	0	0
Not Special	2	12	0
Medicine (Patent) Dealers ...	0	5	0
Motor Cars.—Per horse-power unit	1	0	0
Motor Bicycles—			
If not over 224lb. weight ...	1	10	0
If over 224lb.	3	0	0
With side car or trailer, an additional	1	0	0

NATIONAL HEALTH AND PENSIONS INSURANCE.

CONTRIBUTIONS :—

Men 1/6 (9d. payable by employer and 9d. deducted from wages).

Women 1/1 (7d. payable by employer, and 6d. deducted from wages).

Employers are required to pay contributions :

(*a*) for *non-manual* workers, where the rate of remuneration does not exceed £250 a year.

(*b*) for *manual* workers, whatever may be the rate of remuneration.

If the Insured Person is 18 years of age or over, and his remuneration does not include board and lodging, and does not exceed 4s. for a full working day, the weekly amounts to be paid are as follows :— Employer Worker

Where the rate is over 3s. day 10d. 8d.

,, ,, ,, 3s. or less 1/1½ 4½d.

If the employee is 16 or 17 his share of the 1s. 6d. contribution is 9d.

BENEFITS :—	*Men a week.*	*Women a week.*
Ordinary rate of Sickness Benefit for 26 weeks ...	15/-	12/-
After this period benefit is reduced to	9/-	7/6
Disablement Benefit ...	7/6	7/6
Maternity Benefit 40/-		

UNEMPLOYED INSURANCE.

Every employee over 16 years of age, whose wages do not exceed £250 a year, must be insured under the above Act.

CONTRIBUTIONS, weekly :—

Men, 1s. 8d. (10d. payable by employer, 10d. deducted from wages).

Women, 1s. 6d. (9d. by employer : 9d. from wages).

Boys, 10d. (5d. by employer; 5d. from wages).

Girls, 9d. (4½d. by employer; 4½d. from wages)

BENEFITS, weekly :—

Men 15s. 3d. : Women 13s. 6d. : Dependent Children, 2s.

MENTHOL SQUILLS

OIL OF PINE

LIQUORICE

IPECACUANHA

ANISEED

UCAL BRONCHIAL LOZENGES

CONTAIN NATURE'S SIX BEST KNOWN COUGH CURING MEDICINES

These truly wonderful little lozenges do just the right thing — they immediately

STOP the 'TICKLE' in the Throat,
MAKE BREATHING EASY,
PREVENT HUSKINESS,
Safeguard against infection from the germs of Cold and 'Flu.'

The Handy Pocket Remedy that 'CURES COUGHS.'

PER 9D & 1/6 BOX

THE YEAR IN THE GARDEN

January.

Manure, dig, and trench the ground. Protect plants from frost, especially strawberries and raspberries. Sow potatoes, early peas, beans, and radishes.

February.

Remove covering from strawberries ; fasten raspberries to stakes. Put litter over sea kale and rhubarb. Later peas, broad beans, cauliflowers, may be sown. Transplant and sow cabbages.

March.

Stir the soil between the rows of strawberries and raspberries, and prune the latter. Protect potatoes from frost. Sow vegetables. Prune wall trees. The tender annuals are to be sown in hot-beds. Hardy annuals may be sown in the open ground, and transplanting of all kinds of plants, shrubs, etc., may now be done.

April.

Plant potatoes and later cauliflowers. Stir the soil about onions and radishes, stick peas, sow beans, carrots, beet and turnips. Thin out parsnips. Stocks may be sown in the open ground.

May.

Protect young vegetables from frost and blight. Stir the soil about sea kale and cauliflowers. Take up radishes. Sow peas and kidney beans for succession. Sow scarlet runners. Thin out carrots. Litter over the early turnips. Plant out lettuce and celery.

June.

Take up new potatoes. Keep strawberries off the ground and well watered. Plant out celery. Hoe weeds, stick scarlet runners. Thin out carrots and parsnips, sow turnips. Put out dahlias, geraniums, petunias, etc. Roses require a good deal of attention.

July.

Dig over ground cleared of potatoes, and plant early turnips. Earth up celery. Clear ground of peas. Cherries, peaches and plums may now be budded. Cuttings of pansies may be made.

August.

Clear litter, runners, and weeds from strawberries and raspberries, and apply manure. Take up onions. Sow Tripoli onions for spring. Chrysanthemums will be better for some strong liquid manure.

September.

Remove haulms of peas, beans, etc., and give space to savoys, broccoli, etc. Clear away weeds. Plant spring cabbages and cauliflowers.

October.

Take up carrots. Tender plants should now be taken up and potted. Lift variegated geraniums with great care. Hyacinths, tulips, and crocuses may now be planted. Daisies, snowdrops, wallflowers, sweet williams, etc., may now be planted.

November.

Put stable manure between the rows of strawberries and raspberries ; cut off runners and old canes. Protect broccoli from sharp frosts. Keep cabbage plants free from slugs. Early peas, beans, and radishes may be sown. Take up potatoes and other kitchen roots. Transplant roses and shrubs. Supply chrysanthemums liberally with liquid manure.

December.

Prune gooseberry and currant bushes. Cover up celery with dry litter. Dig up, ridge, and manure vacant ground, as this is the month in which the least can be done in sowing or planting. All leaves from trees, etc., should be collected.

WEIGHTS AND MEASURES

LINEAL MEASURE.

4 ins.	make 1 Hand	5½ yds.	make 1 Rod, (Pole or Perch
9 ins.	,, 1 Span		
12 ins.	,, 1 Foot	4 Poles	,, 1 Chain
3 feet	,, 1 Yard	10 Chains	,, 1 Furlong
5 feet	,, 1 Pace	8 Furlongs	,, 1 Mile
6 feet	,, 1 Fthm.	3 Miles	,, 1 League

1,151 Miles make 1 Knot.

A Mile varies in different countries :—

	yds.		yds.
England	1,760	Ireland & Scotland	1,984
Italy	2,025	Russia	1,167
Spain	6,600	Germany	8,239
Sweden	11,067	Hungary	9,113

France measurement is Mean League of 3,666 yards.

SQUARE OR LAND MEASURE.

144 Square Inches	=	1 Square Foot
9 Square Feet	=	1 Square Yard
30¼ Square Yards	=	1 Square Perch
40 Perches	=	1 Rood
640 Acres	=	1 Square Mile

An Acre equals 4,840 Square Yards.

TROY WEIGHT.

3.17 Grains	=	1 Carat
24 Grains	=	1 Pennyweight
20 Pennyweights	=	1 Ounce
12 Ounces	=	1 Pound
100 Pounds	=	1 Hundredweight

The standard for gold coin is 22 carat fine gold and 2 carats alloy.

APOTHECARIES' WEIGHT.

20 Grains	=	1 Scruple
3 Scruples (60 grs.)	=	1 Drachm
8 Drachms (480 grs.)	=	1 Ounce
12 Ounces (5,760 grs.)	=	1 Pound (lb.)

Drugs are compounded by this weight.

AVOIRDUPOIS WEIGHT.

20 Hundwts.	=	1 Ton
112 Pounds	=	1 Hundwt. (cwt.)
28 Pounds	=	1 Quarter
14 Pounds	=	1 Stone†
16 Ounces	=	1 Pound (lb.)
16 Drams	=	1 Ounce (437.5 grs.*)

*A grain is the same in all weights.
†Butcher's Stone is 8 lb.

By Avoirdupois are weighed the larger and coarser kind of goods, such as groceries, cheese, butter, meat, corn, etc.

MEASURES OF CAPACITY—DRY MEASURE.

1 Minim	=	1 Drop
1 Dram	=	1 Tea-spoonful
2 Drams	=	1 Dessert-spoonful
4 Drams	=	1 Tablespoon
60 Minims	=	1 Dram
8 Drams	=	1 Ounce
20 Ounces	=	1 Pint, nearly ½ litre
4 Gills	=	1 Pint, 34,659 c. in.
2 Pints	=	1 Quart, 1 and one-tenth litre
2 Quarts	=	1 Pottle
4 Quarts	=	1 Gallon, 277.274 c. in.
2 Gallons	=	1 Peck
4 Pecks (8 gal.)	=	1 Bushel, 1.2837 c. ft.
2 Bushels	=	1 Strike
3 Bushels	=	1 Bag
4 Bushels	=	1 Coomb
8 Bushels	=	1 Quarter
12 Bags	=	1 Chaldron
5 Quarters	=	1 Wey or Load, 51,347
10 Quarters	=	1 Last

An Imperial Gallon of distilled water weighs 10 lbs. Avoirdupois.

A wine-glass holds about 2 oz. ; a tea-cup about 3 oz.

In the North of England half a pint is called a gill and a true gill a " noggin."

Corn is sometimes sold by weight. The average weight of a bushel of barley is 47 lb., oats 38 lb., wheat 60 lb.

WINES AND SPIRIT MEASURE.

4 Gills	=	1 Pint, 34.659 c. in.
2 Pints	=	1 Quart
4 Quarts	=	1 Gallon
31½ Gallons	=	½ Hogshead
63 Gallons	=	1 Hogshead
84 Gallons	=	1 Puncheon
2 Hogsheads	=	1 Pipe
2 Pipes	=	1 Tun

MEASURE OF SPACE—ANGULAR MEASURE.

60 Seconds	=	1 Minute
60 Minutes	=	1 Degree
30 Degrees	=	1 Sign
45 Degrees	=	1 Octant
60 Degrees	=	1 Sextant
90 Degrees, right angle	=	1 Quadrant
180 Degrees	=	1 Semi-Circle
360 Degrees	=	1 Circle

HOW TO PREVENT THE NAUSEOUS TASTE OF MEDICINES

Many grown-ups and nearly all children have a dread of certain medicines and obstinately refuse to take them. Sometimes there is no alternative which can be given, and the unpleasant task of compulsion must be resorted to.

A great deal can be done in the way of disguising the dreaded taste, and often the most unpleasant of doses can be given in this way without any trouble.

CASTOR OIL is perhaps one of the most difficult medicines to administer, but if carefully prepared can be taken by almost everyone without producing sickness. Dip a wine glass into warm water and wet it thoroughly—take the juice of an orange, strain it and pour a tablespoonful into the glass. Now pour the oil into the centre of the juice, put some more juice on top and gulp down quickly. Another method is to float the oil on hot coffee, or to shake it up well with some neat brandy.

COD LIVER OIL. Orange juice can be used with Cod Liver Oil effectively, whilst for EPSOM SALTS peppermint water has a more neutralising effect.

The old-fashioned method of nipping the nose, pouring the medicine down the throat and then taking a drink of water has a certain action in preventing most of the nasty taste.

A very pleasant laxative for children is Ucal Syrup of Figs. It is perfectly safe and free from the slightest trace of any irritating matter. Its mild, yet certain, action has made it a favourite with mothers in all parts of the country.

THE BEST WAY TO GIVE AND TAKE MEDICINES

It is of the utmost importance that the directions for taking medicines should be followed down to the most minute detail. The size, interval between, and method of taking each dose, are as vital to the patient as the medicine itself.

If through some mistake a dose is missed, no attempt should be made to "catch up" by increasing the next one or curtailing the following intervals. The instructions, "Before Meals," or "After Food," etc., are given for a definite purpose, and must be rigidly adhered to.

Many people have the idea that a medicine prescribed for one member of the family will do equally well for any of the others who claim to feel the same symptoms. This does not follow by any means. A drug may have an entirely different effect on one person to that which is observed in even a very near relation. Sex, age, constitution and temperament, all have an influence on deciding the strength and frequency of administering a medicine.

"Shake the bottle" is a frequent injunction on a mixture containing solids in suspension, and unless it is carried out thoroughly before each dose, the proportion of some ingredients will vary, and consequently the maximum amount of benefit will not be derived. All medicine bottles should be kept tightly corked and if possible in a cupboard out of the reach of the children. The original labels should be preserved intact, and poisons kept separately. The latter are invariably put into coloured ribbed bottles, so that they can be instantly recognised by sight or touch.

INFECTIOUS DISEASES

Disease	Incubation period	Infection after an attack ceases	Quarantine required after latest exposure to infection
CHICKEN-POX ...	10-16 days	When every scab has fallen off ...	Twenty days.
DIPHTHERIA	2-10 days	Four weeks after the commencement of attack, if no complications ...	Twelve days.
GERMAN MEASLES	7-18 days, may be longer	Ten days after the appearance of the rash	Twenty days.
MEASLES	10-14 days	Two weeks after the appearance of the rash	Sixteen days.
MUMPS	10-22 days	Three weeks, or one week after disappearance of the swelling	Twenty-four days.
RINGWORM	1-8 days usually	When examination shows no broken hairs and no spores.	
SCARLET FEVER ...	3-5 days	When sore throat, albuminuria and desquamation have disappeared. Never less than six weeks	Ten days.
SMALL-POX	12-14 days	When every scab has fallen off ...	Sixteen days.
TYPHUS FEVER ...	5-14 days	Four weeks	Fourteen days.
WHOOPING COUGH	7-14 days	Five weeks, or two weeks after cough and whooping have disappeared ...	Twenty-one days.
		N.B.—In each case the number of weeks mentioned represents the shortest possible time.	

A FEW HINTS ON NURSING THE SICK

IT falls to the lot of most women at one time or another to perform this sacred office. Some are constitutionally adapted to carry out the most arduous and distressing duties that devolve upon a nurse, whilst others find the simple tasks of attending a minor illness too much for them.

Yet the more serious the case, the greater necessity for self-sacrifice on the part of the nurse, who must faithfully obey every detail of the doctor's instructions.

The secret of good nursing lies in perfect freedom from dirt. A sick room should be a model of scrupulous cleanliness. No carpets, hangings, or furniture likely to harbour dust, should be allowed. Fresh air and sunlight are as essential as medicine, and it is the duty of the nurse to see that she does her part without causing any annoyance to the patient. Light without glare and fresh air without draughts are merely a question of arrangement. Warmth in winter and coolness in summer are not a matter of taste, they are a necessity to an invalid, and should be exactly gauged by a good house thermometer.

The bed and bed linen must be aired as often as possible, and not only when put on clean. If a long period of confinement to bed is anticipated, it is worth the extra trouble to have two beds—one for day and one for night use. Dusting with a damp cloth is the only way to clean a sick room, dry dusting merely spreads the dirt. Bedroom utensils should be cleaned out immediately after use, and not be allowed to remain in the sick room.

A good nurse is always cheerful, yet firmly insistent on the fulfilment of the doctors' wishes. She is neatly and suitably dressed, and careful to the last degree about her personal cleanliness. She knows how to relieve the bareness of the sick room with flowers, pictures, and decorative objects, so as to break the monotony of the four walls which for the time being imprison her patient.

She is skilled in the preparation of tempting dishes that coax a jaded appetite, and in the persuasion which must often be exercised to induce her charge to maintain bodily strength by taking sufficient nourishment.

Close observation of an invalid and a correct report on the changes which may occur from day to day are invaluable to the doctor, yet must be obtained without being perceptible to the patient.

During convalescence a nurse's duties are lighter, but her responsibility greater. The doctor's visits will be less frequent, so that the entire charge of the case falls on the nurse, who must assist and encourage in every way a gradual return to strength.

FESTIVALS, ANNIVERSARIES, &c., 1934

Epiphany	Jan.	6	
Septuagesima Sunday	Jan.	28	
Quinquagesima Sunday	Feb.	11	
Ash Wednesday	Feb.	14	
St. David	March	1	
St. Patrick	March	17	
Good Friday	March	30	
Easter Sunday	April	1	
Bank Holiday	April	2	
St. George	April	23	
Ascension Day	May	10	
Whit Sunday	May	20	
Bank Holiday	May	21	
Trinity Sunday	May	27	
Corpus Christi	May	31	
Bank Holiday	Aug.	6	
St. Andrew	Nov.	30	
St. Thomas	Dec.	21	
Christmas Day	Dec.	25	
Bank Holiday	Dec.	26	

The year 5695 of the Jewish Era commences on September 10th, 1934.
The year 1353 of the Mohammedan Era commences on April 15th, 1934.

ECLIPSES

I. January 30th. Partial Eclipse of the Moon, visible at Greenwich.
II. February 13th. Total Eclipse of the Sun, invisible at Greenwich.
III. July 26th. Partial Eclipse of the Moon, invisible at Greenwich.
IV. August 10th. An Annular Eclipse of the Sun, invisible at Greenwich.

QUARTER DAYS

ENGLAND.			SCOTLAND.		
Lady Day	March	25	Candlemas	Feb.	2
Midsummer Day	June	24	Whitsun	May	15
Michaelmas Day	Sept.	29	Lammas	Aug.	1
Christmas Day	Dec.	25	Martinmas	Nov.	11

BANK HOLIDAYS

ENGLAND.			SCOTLAND.		
Good Friday	March	30	New Year's Day	Jan.	1
Easter Monday	April	2	Good Friday	March	30
Whit Monday	May	21	First Monday in May	May	7
First Monday in August	Aug.	6	First Monday in August	Aug.	6
Christmas Day	Dec.	25	Christmas Day	Dec.	25
Boxing Day	Dec.	26			

PHASES OF THE MOON

JANUARY.	D	H	M
Last Quarter	8	21	36
New Moon	15	13	37
First Quarter	22	11	50
Full Moon	30	16	31

FEBRUARY.	D	H	M
Last Quarter	7	9	22
New Moon	14	0	43
First Quarter	21	6	5

MARCH.	D	H	M
Full Moon	1	10	26
Last Quarter	8	18	6
New Moon	15	12	8
First Quarter	23	1	45
Full Moon	31	1	14

APRIL.	D	H	M
Last Quarter	7	0	48
New Moon	13	23	57
First Quarter	21	21	20
Full Moon	29	12	45

MAY.	D	H	M
Last Quarter	6	6	41
New Moon	13	12	30
First Quarter	21	15	20
Full Moon	28	21	41

JUNE.	D	H	M
Last Quarter	4	12	53
New Moon	12	2	11
First Quarter	20	6	37
Full Moon	27	5	8

JULY.	D	H	M
Last Quarter	3	20	28
New Moon	11	17	6
First Quarter	19	18	53
Full Moon	26	12	9

AUGUST	D	H	M
Last Quarter	2	6	27
New Moon	10	8	46
First Quarter	18	4	33
Full Moon	24	19	37
Last Quarter	31	19	40

SEPTEMBER.	D	H	M
New Moon	9	0	20
First Quarter	16	12	26
Full Moon	23	4	19
Last Quarter	30	12	29

OCTOBER.	D	H	M
New Moon	8	15	5
First Quarter	15	19	29
Full Moon	22	15	1
Last Quarter	30	8	22

NOVEMBER.	D	H	M
New Moon	7	4	44
First Quarter	14	2	39
Full Moon	21	4	26
Last Quarter	29	5	39

DECEMBER.	D	H	M
New Moon	6	17	25
First Quarter	13	10	52
Full Moon	20	20	53
Last Quarter	29	2	8

RETROSPECT OF SPORT

THE DERBY (Epsom)

Instituted in 1780—distance 1m. 4f.

Below are given Winners, Times, Jockeys, etc., for the races run since 1880.

Year	Winner	Time	Jockey	Ran
1880	Duke of Westminster's Bend Or	2 46	F. Archer	19
1881	Mr. P. Lorillard's Iroquois	2 50	F. Archer	15
1882	Duke of Westminster's Shot Over	2 45 3/5	T. Cannon	14
1883	Sir F. Johnstone's St. Blaise	2 48 2/5	C. Wood	11
1884	Mr. Hammond's St. Gatien / Sir J. Willoughby's Harvester	2 46 1/5	C. Wood / S. Loates	15
1885	Lord Hastings' Melton	2 44 1/5	F. Archer	12
1886	Duke of Westminster's Ormonde	2 45 3/5	F. Archer	9
1887	Mr. Abington's Merry Hampton	2 43	J. Watts	11
1888	Duke of Portland's Ayrshire	2 43	F. Barrett	9
1889	Duke of Portland's Donovan	2 44 2/5	T. Loates	13
1890	Sir J. Miller's Sainfoin	2 49 4/5	J. Watts	8
1891	Sir F. Johnstone's Common	2 56 4/5	G. Barrett	11
1892	Lord Bradford's Sir Hugo	2 44	Allsop	13
1893	Mr. H. M'Calmont's Isinglass	2 43	T. Loates	11
1894	Lord Rosebery's Ladas	2 45 4/5	J. Watts	7
1895	Lord Rosebery's Sir Visto	2 43 2/5	S. Loates	15
1896	Prince of Wales's Persimmon	2 42	J. Watts	11
1897	Mr. Gubbin's Galtee More	2 44	C. Wood	11
1898	Mr. J. W. Larnach's Jeddah	2 47	O. Madden	18
1899	Duke of Westminster's Flying Fox	2 42 4/5	M. Cannon	12
1900	Prince of Wales's Diamond Jubilee	2 42	H. Jones	14
1901	Mr. W. Whitney's Volodyovski	2 40 4/5	L. Reiff	25
1902	Mr. J. Gubbin's Ard Patrick	2 42 1/5	J. H. Martin	18
1903	Sir J. Miller's Rock Sand	2 42 4/5	D. Maher	7
1904	Mr. L. de Rothschild's St. Amant	2 45 2/5	K. Cannon	8
1905	Lord Rosebery's Cicero	2 39 3/5	D. Maher	9
1906	Major E. Loder's Spearmint	2 36 4/5	D. Maher	22
1907	Mr. R. Croker's Orby	2 44	J. Reiff	9
1908	Chev Ginistrelli's Signorinetta	2 39 4/5	W. Bullock	18
1909	His Majesty's Minoru	2 42 2/5	H. Jones	15
1910	Mr. Fairie's Lemberg	2 35 1/5	B. Dillon	15
1911	Mr. J. B. Joel's Sunstar	2 36 4/5	G. Stern	26
1912	Mr. W. Raphael's Tagalie	2 38 4/5	J. Reiff	20
1913	*Mr. A. P. Cunliffe's Aboyeur	2 37 3/5	E. Piper	15
1914	Mr. H. B. Duryea's Durbar II	2 38 2/5	M. MacGee	30
1915	‡Mr. S Joel's Pommern	2 32 3/5	S. Donoghue	17
1916	‡Mr. E. Hulton's Fifinella	2 36 3/5	J. Childs	10
1917	‡Mr. Fairie's Gay Crusader	2 40 3/5	S. Donoghue	12
1918	‡Lady J. Douglas' Gainsborough	2 35 1/5	J. Childs	13
1919	Lord Glanely's Grand Parade	2 35 4/5	F. Templeman	13
1920	†Major G. Loder's Spion Kop	2 34 4/5	F. O'Neill	19
1921	Mr. J. B. Joel's Humorist	2 36 1/5	S. Donoghue	23
1922	Lord Woolavington's Capt. Cuttle	2 34 3/5	S. Donoghue	30
1923	Mr. B. Irish's Papyrus	2 38	S. Donoghue	19
1924	Lord Derby's Sansovino	2 46 3/5	T. Weston	27
1925	Mr. H. Morriss's Manna	2 40 3/5	S. Donoghue	27
1926	Lord Woolavington's Coronach	2 47 4/5	J. Childs	19
1927	Mr. F. Curzon's Call Boy	2 34 2/5	C. Elliott	23
1928	Sir H. Cunliffe-Owen's Felstead	2 34 2/5	H. Wragg	19
1929	Mr. W. Barnett's Trigo	2 36 2/5	J. Marshall	26
1930	H.H. Aga Khan's Blenheim	2 38 1/5	H. Wragg	17
1931	Mr. J. A. Dewar's Cameronian	2 36 3/5	F. Fox	25
1932	Mr. Tom Walls' April the 5th	2 43	F. Lane	21
1933	§Lord Derby's Hyperion	2 34 (record)	T. Weston	24

*Mr. Bower Ismay's Craganour finished first, but was disqualified for bumping and boring.

‡"New Derby" substituted for original race, and run at Newmarket.

†Fastest time (distance 1m. 4f. 29yds.).

§Record for Race (Course altered at Tattenham Corner, making distance 1m. 4f.).

RETROSPECT OF SPORT—*continued.*

WINNERS OF FAMOUS RACES IN LAST 20 YEARS.

Lincolnshire Handicap, 1 m. (Lincoln).—Instituted 1853.

Year	Winner	Ran
1913	*Berrilldon ...	22
1914	Outram ...	22
1915	View Law ...	23
1916	‡Clap Gate ...	22
1917-1918	No race.	
1919	Royal Bucks ...	15
1920	Furious	29
1921	Soranus	30
1922	Granely	32
1923	White Bud ...	30
1924	Sir Gallahad III	27
1925	Tapin	26
1926	King of Clubs ...	26
1927	Priory Park ...	30
1928	Dark Warrior ...	26
1929	Elton	35
1930	Leonidas II ...	31
1931	Knight Error ...	35
1932	Jerome Fandor ...	35
1933	Dorigen ...	28

*Cuthbert finished first, but disqualified for bumping and boring. ‡The Lincolnfield Handicap was substituted and run at Lingfield.

Grand National, 4 m. 856 yds. (Liverpool).—Instituted 1839.

Year	Winner	Ran
1913	Covertcoat ...	22
1914	Sunloch	21
1915	Ally Sloper ...	20
1916	†Vermouth ...	21
1917	‡Ballymacad ...	19
1918	‡Poethlyn ...	17
1919	Poethlyn ...	27
1920	Troytown ...	24
1921	Shaun Spadah ...	35
1922	Music Hall ...	32
1923	Sergeant Murphy	28
1924	Master Robert	30
1925	Double Chance	33
1926	Jack Horner ...	30
1927	Sprig	37
1928	Tipperary Tim	42
1929	Gregalach ...	66
1930	Shaun Goilin ...	41
1931	Grakie	43
1932	Forbra	36
1933	Kellsborough Jack	34

†Racecourse Association Chase substituted and run at Gatwick. ‡"War National" Chase substituted and run at Gatwick.

Lancashire Steeplechase, 3 m. 4 f. (Manchester).—Instituted 1884.

Year	Winner	Ran
1913	Irish Mail ...	
1914	Eugenist	
1915	Vermouth ...	
1916-1917	No race.	
1918	Poethlyn ...	
1919	Poethlyn ...	
1920	Dunadry ...	
1921	Black Lamb ...	
1922	Keep Cool ...	
1923	Southampton ...	

Lanc. Steeplechase—*continued.*

Year	Winner	Ran
1924	Maureen Bawn ...	
1925	Knight of Wilderness	
1926	White Park ...	
1927	Trump Card ...	
1928	Tuskar	
1929	Kilbrain ...	
1930	Easy Galway ...	
1931	Solanum	
1932	Huic Holloa ...	
1933	South Louth ...	

Gt. Metropolitan Stakes, 2 m. 2 f. (Epsom).—Instituted 1846.

Year	Winner	Ran
1913	Annecy	19
1914	Annecy	19
1915	Fiz Yama ...	20
1916	‡Prawle Point ...	11
1917-1918	No race.	
1919	Langdon Hills ...	12
1920	Viaduct	15
1921	Meeting abandoned.	
1922	Sangrail	16
1923	Glass Idol ...	18
1924	Kwannon ...	13
1925	Brisl	16
1926	Kyra	15
1927	Kinnaird ...	22
1928	Alacrity	20
1929	Jugo	13
1930	Servus	17
1931	Summer Princess	16
1932	Roi de Paris ...	19
1933	Joyous Greeting	12

‡Cosmopolitan Cup substituted and run at Lingfield.

City & Suburban Handicap, 1 m. 2 f. (Epsom).—Instituted 1851.

Year	Winner	Ran
1913	Drinmore ...	18
1914	Maiden Erlegh ...	20
1915	Black Jester ...	14
1916	‡Julian	11
1917-1918	No race.	
1919	Royal Bucks. ...	13
1920	Corn Sack ...	16
1921	Abandoned.	
1922	Paragon	10
1923	Dry Toast ...	10
1924	Ulula	10
1925	Greek Bachelor	18
1926	W'den of Marches	12
1927	Embargo ...	22
1928	Priory Park ...	18
1929	Parwiz	21
1930	Lucky Tor ...	16
1931	Anthurium ...	17
1932	Clogheen ...	16
1933	Great Scot ...	13

‡Suburban Handicap substituted and run at Lingfield.

Two Thousand Guineas, 1 m. (Newmarket).—Instituted 1809.

Year	Winner	Ran
1913	Louvois	15
1914	Kennymore ...	18
1915	Pommern ...	16
1916	Clarissimus ...	17
1917	Gay Crusader ...	14
1918	Gainsborough ...	13

Two Thousand Gns.—*contd.*

Year	Winner	Ran
1919	The Panther ...	12
1920	Tetratema ...	17
1921	Craig an Eran	26
1922	St. Louis ...	22
1923	Ellangowan ...	18
1924	Diophon ...	20
1925	Manna	13
1926	Colorado ...	19
1927	Adam's Apple ...	23
1928	Flamingo ...	17
1929	Mr. Jinks ...	22
1930	Diolite	28
1931	Cameronian ...	24
1932	Orwell	11
1933	Rodosto	27

One Thousand Guineas, 1 m. (Newmarket).—Instituted 1814.

Year	Winner	Ran
1913	Jest	22
1914	Princess Dorrie	13
1915	Vaucluse ...	15
1916	Canyon	10
1917	Diadem	14
1918	Ferry	8
1919	Roseway ...	15
1920	Cinna	21
1921	Bettina	24
1922	Silver Urn ...	20
1923	Tranquil	16
1924	Plack	16
1925	Saucy Sue ...	11
1926	Pillion	29
1927	Cresta Run ...	28
1928	Scuttle	14
1929	Taj Mah	19
1930	Fair Isle	19
1931	Four Course ...	20
1932	Kandy	19
1933	Brown Betty ...	22

The Chester Cup, 2 m. 2 f.—Instituted 1824.

Year	Winner	Ran
1913	The Guller ...	19
1914	Aleppo	17
1915	Hare Hill ...	10
1916-17-18	No race.	
1919	Tom Pepper ...	11
1920	Our Stephen ...	15
1921	Abandoned.	
1922	Chivalrous ...	22
1923	Chivalrous ...	17
1924	Rugeley	13
1925	Spithead ...	20
1926	Hidennis ...	10
1927	Dark Japan ...	16
1928	St. Mary's Kirk	17
1929	First Flight ...	22
1930	Mountain Lad ...	18
1931	Brown Jack ...	16
1932	Bonny Brighteyes	17
1933	Dick Turpin ...	14

Kempton Pk. Gt. Jubilee Handicap, 1 m. 2 f.—Instituted 1887.

Year	Winner	Ran
1913	Absolute ...	16
1914	The Curragh ...	20
1915	Diadumenos ...	15
1919	Arion	11
1920	Tangiers ...	18
1921	Paragon	19

WINNERS OF FAMOUS RACES IN LAST 20 YEARS.

Kempton Park Gt. Jubilee Handicap—*continued.*

Year	Winner	Ran
1922	Silver Image ...	15
1923	‡Simon Pure, Diligence ...	11
1924	Parth	12
1925	Amethystine ...	13
1927	Abbot's Speed ...	21
1928	Abbot's Speed ...	14
1929	Athford	16
1930	Lucky Tor ...	15
1931	Racedale ...	14
1932	Venturer ...	15
1933	Colorado Kid ...	16

1910-16-17-18-26 No race
‡Dead-heat.

The Manchester Cup, 1 m. 4 f.—Instituted 1816.

Year	Winner	Ran
1913	Lorenzo ...	23
1914	Junior	12

1915-16 No race.

1917	§Blue Danube ...	6
1918	§By Jingo	10
1919	By Jingo	9
1920	Pomme-de-Terre	11
1921	March Along ...	15
1922	North Waltham	8
1923	Bhuidhaonach ...	15
1924	Chosroes ...	8
1925	Winalot ...	9
1926	Vermilion Pencil	16
1927	Dark Japan ...	7
1928	Pons Asinorum	7
1929	Poor Man ...	12
1930	Mint Master ...	9
1931	‡Redeswood, North Drift	14
1932	Creme Brulee ...	13
1933	Robber Chief ...	8

§War substitute for original race.
‡Dead-heat, stakes divided.

The Oaks, 1 m. 4 f. (Epsom).—Instituted 1779.

Year	Winner	Ran
1913	Jest	12
1914	Princess Dorrie	21
1915	‡Snow Marten ...	11
1916	‡Fifinella	7
1917	‡Sunny Jane ...	11
1918*	‡My Dear ...	15
1919	Bayuda	10
1920	Charlebelle ...	17
1921	Love in Idleness	22
1922	Pogrom	11
1923	Brownhylda ...	12
1924	Straitlace ...	12
1925	Saucy Sue ...	12
1926	Short Story ...	16
1927	§Beam	16
1928	Toboggan ...	13
1929	Pennycomequick	13
1930	Rose of England	15
1931	Brulette	15
1932	Udaipur ...	12
1933	Chatelaine ...	10

*Stony Ford came in first by a length, but was disqualified for bumping and boring.
‡"New Oaks" substituted for original race and run at Newmarket. §Record time.

Ascot Gold Vase, 2 m.—Instituted 1838.

Year	Winner	Ran

1915-16-17-18 No race.

1919	Silonyx	8
1920	Kentish Cob ...	8
1921	Copyright ...	6
1922	Golden Myth ...	2
1923	Puttenden ...	5
1924	Audlem	11
1925	Kentish Knock ...	12
1926	High Art ...	14
1927	Adieu	10
1928	Maid of Perth ...	12
1929	Covenden ...	20
1930	Trimdon ...	10
1931	Pomme D'Api ...	11
1932	Silvermere ...	11
1933	Gainslaw ...	14

The Ascot Stakes, 2 m.—Instituted 1839.

Year	Winner	Ran

1915-16-17-18 No race.

1919	Haki	14
1920	Happy Man ...	16
1921	Spearwort ...	13
1922	Double Hackle ...	10
1923	Juniso	16
1924	Scullion	14
1925	Mandelieu ...	10
1926	Miss Sport ...	16
1927	D. of Buckingham	18
1928	Brown Jack ...	21
1929	Old Orkney ...	24
1930	Bonny Boy ...	20
1931	Noble Star ...	21
1932	‡Son of Mint, Sandy Lashes	24
1933	Roi de Paris ...	23

‡Dead-heat.

Ascot Gold Cup, 2 m. 4 f.—Instituted 1807, called the Emperor's Plate from 1845 to 1853 inclusive, and renamed the Ascot Gold Cup in 1854.

Year	Winner	Ran
1913	Prince Palatine ...	8
1914	Aleppo	10

1915-16-17-18 No race.

1919	By Jingo	4
1920	†Tangiers	6
1921	Periosteum ...	8
1922	Golden Myth ...	10
1923	Happy Man ...	8
1924	Massine	11
1925	Santorb	6
1926	Solario	6
1927	Foxlaw	8
1928	Invershin ...	10
1929	Invershin ...	13
1930	Bosworth ...	7
1931	Trimdon ...	10
1932	Trimdon ...	9
1933	Foxhunter ...	10

†Buchan came in first, but was disqualified for crossing.

The Royal Hunt Cup, 7 f. 166 yds. (Ascot).—Instituted 1843.

Year	Winner	Ran

1915-16-17-18 No race.

1919	Irish Elegance ...	14
1920	Square Measure	22
1921	Illuminator ...	22

Royal Hunt Cup—*continued.*

Year	Winner	Ran
1922	Varzy	20
1923	Weathervane ...	25
1924	Dinkie	20
1925	Cockpit	30
1926	Cross Bow ...	31
1927	Asterus	29
1928	Priory Park ...	25
1929	Songe	29
1930	The MacNab ...	22
1931	Grand Salute ...	18
1932	Totaig	31
1933	Colorado Kid ...	28

Northumberland Plate, 2 m. (Newcastle-on-Tyne).—Instituted 1833.

Year	Winner	Ran

1915-16-17-18 No race.

1919	Trestle	6
1920	Irish Lake ...	10
1921	Hunt Law ...	12
1922	Double Hackle ...	14
1923	Carpathus ...	11
1924	Jazz Band ...	9
1925	Obliterate ...	10
1926	Foxlaw	6
1927	Border Minstrel	7
1928	Primrose League	14
1929	Ballynahinch ...	13
1930	Show Girl ...	12
1931	Blue Vision ...	8
1932	Pomarrel	10
1933	Leonard	10

Eclipse Stakes, 1 m. 2 f. (Sandown Park).—Inst. 1886.

Year	Winner	Ran

1915-16-17-18 No race.

1919	Buchan	7
1920	Buchan	7
1921	Craig an Eran ...	5
1922	Golden Myth ...	12
1923	Saltash	9
1924	Polyphontes ...	8
1925	Polyphontes ...	13
1926	Coronach	10
1927	Colorado	3
1928	Fairway	12
1929	Royal Minstrel ...	8
1930	Rustom Pasha ...	11
1931	Caerleon	11
1932	Miracle	13
1933	Loaningdale ...	10

The Stewards' Cup, 6 f. (Goodwood).—Instit'd 1840.

Year	Winner	Ran
1917	§Trojan	3
1919	King Sol	14
1920	Western Wave	21
1921	Service Kit ...	20
1922	Tetrameter ...	30
1923	Epinard	14
1924	Compiler ...	24
1925	Defiance	24
1926	Perhaps So ...	29
1927	Priory Park ...	24
1928	Navigator ...	16
1929	Fleeting Memory	19
1930	Le Phare ...	28
1931	Poor Lad ...	15
1932	Solenoid ...	21
1933	Pharacre ...	26

‡Dead-heat, stakes divided.
§Stewards' Handicap substituted and run at Newmarket.

RETROSPECT OF SPORT—*continued.*

WINNERS OF FAMOUS RACES IN LAST 20 YEARS.

Goodwood Cup, 2 m. 5 f.—Instituted 1812.

Year	Winner	Ran
1919	Queen's Square	5
1920	Mount Royal ...	4
1921	Bucks ...	5
1922	Flamboyant ...	5
1923	Triumph ...	3
1924	Teresina ...	6
1925	Cloudbank ...	6
1926	Glommen ...	9
1927	Dark Japan ...	3
1928	Kinchinjunga ...	7
1929	Old Orkney ...	6
1930	Brown Jack ...	5
1931	Salmon Leap ...	6
1932	Brulette ...	5
1933	Sans Peine ...	5

The Ebor Handicap 1 m. 6 f. (York).—Instituted 1843.

Year	Winner	Ran
1919	Race Rock ...	9
1920	Iron Hand ...	11
1921	March Along ...	20
1922	Flint Jack ...	15
1923	Flint Jack ...	8
1924	Marvex ...	20
1925	Chapeau ...	13
1926	Pons Asinorum	15
1927	Cap-a-Pie ...	16
1928	Cinq a Sept ...	14
1929	Bonny Boy II ...	13
1930	Gentlem's Relish / Coaster ...	13
1931	Brown Jack ...	19
1932	Cat o' Nine Tails	19
1933	Dictum	11

The St. Leger, 1 m. 6 f. 132 yds. (Doncaster).—Instituted 1776.

Year	Winner	Ran
1916	‡Hurry On ...	5
1917	‡Gay Crusader ...	3
1918	‡Gainsborough ...	15
1919	Keysoe	5
1920	Caligula	14
1921	Polemarch ...	9
1922	Royal Lancer ...	24
1923	Tranquil	13
1924	Salmon Trout ...	17
1925	Solario	15
1926	*Coronach ...	12
1927	Book Law ...	16
1928	Fairway	13
1929	Trigo	14
1930	Singapore ...	13
1931	Sandwich ...	10
1932	Firdaussi ...	19
1933	Hyperion ...	14

‡September Stakes was substituted for original race and run at Newmarket.
*Fastest time.

Doncaster Cup, 2 m. 1 f.—Instituted 1801.

Year	Winner	Ran
1915-16-17-18	No race.	
1919	Haki	3
1920	Buchan	7
1921	Flamboyant ...	6
1922	Devizes	4
1923	Silurian	5
1924	Santorb	6
1925	St. Germans ...	9

Doncaster Cup—*continued.*

Year	Winner	Ran
1926	Bongrace ...	7
1927	Bythorne ...	4
1928	Pons Asinorum	3
1929	Athford	4
1930	Brown Jack ...	4
1931	Singapore ...	6
1932	Fox Hunter ...	6
1933	Colorado Kid ...	2

Jockey Club Stakes, 1 m. 6 f. (Newmarket).—Instituted 1801.

Year	Winner	Ran
1915	Lanius	11
1916	Cannobie ...	12
1917	No race.	
1918	Prince Chimay	7
1919	No race.	
1920	Torelore ...	6
1921	Milenko ...	8
1922	Lady Juror ...	8
1923	Inkerman ...	6
1924	Teresina	10
1925	Tatra	4
1926	Foxlaw	5
1927	Book Law ...	8
1928	Toboggan ...	9
1929	Cyclonic	8
1930	Pyramid ...	7
1931	Shell Transport	11
1932	Firdaussi	7

Duke of York Handicap. 1 m. (Kempton).—Instituted 1892.

Year	Winner	Ran
1915-16-17-18	No race.	
1919	Grand Fleet ...	10
1920	Orpheus ...	10
1921	*Paragon	11
1922	Soubriquet ...	12
1923	Poisoned Arrow	15
1924	Pharos	14
1925	Pharos	14
1926	Winalot ...	13
1927	Abbot's Speed ...	8
1928	Rob	13
1929	Double Life ...	14
1930	Hot Bun ...	13
1931	†Pricket	15
1932	China King ...	10

*Title altered to Duke of York Handicap.
†Distance altered from 1 m. 2 f. to 1 m. in 1931.

The Cesarewitch, 2 m. 2 f. (Newmarket).—Inst'd 1839.

Year	Winner	Ran
1915	Son-in-Law ...	31
1916	Sanctum	19
1917	Furore	17
1918	Air Raid ...	24
1919	Ivanhoe	19
1920	Bracket	32
1921	Yutoi	17
1922	Light Dragoon ...	31
1923	‡Rose Prince ...	29
1924	Charley's Mount	33
1925	Forseti.	33
1926	Myra Gray ...	24
1927	Eagle's Pride ...	30
1928	Arctic Star ...	15
1929	West Wicklow	35

Cesarewitch—*continued.*

Year	Winner	Ran
1930	Ut Majeur ...	28
1931	Noble Star ...	26
1932	Nitsichin	26

‡Bred in France.

The Cambridgeshire, 1 m. 1 f. (Newmarket).—Instituted 1839.

Year	Winner	Ran
1915	Silver Tag ...	25
1916	Eos	17
1917	Brown Prince ...	14
1918	Zinovia	22
1919	Brigand	18
1920	Race abandoned.	
1921	Milenko ...	24
1922	Re-echo ...	34
1923	Verdict	23
1924	Twelve Pointer	27
1925	Masked Marvel ...	24
1926	Insight II ...	32
1927	*Niantic ... / Medal ...	21
1928	Palais Royal II ...	27
1929	Double Royal ...	36
1930	The Pen	31
1931	**Disarmament ...	24
1932	Pullover	33

*Dead-heat, stakes divided.
**1 m. 49 3/5 s. record for race.

Manchester November Handicap, 1 m. 4 f.—Instituted 1876.

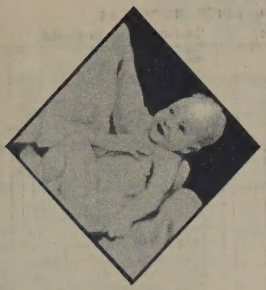
Year	Winner	Ran
1917	Planet	17
1919	King John ...	17
1920	Pomme-de-Terre	12
1921	Blue Dun ...	24
1922	Torelore ...	14
1924	Cloudbank ...	17
1927	Old Orkney ...	6
1928	Saracen	20
1929	Promptitude ...	19
1930	Glorious Devon	22
1931	North Drift ...	42
1932	Hypostyle ...	18
1915-16-18	No race.	
1925	Abandoned through frost; 1923-26 through fog.	

National Hunt Steeplechase, 4 m.—Instituted 1860.

Year	Winner	Ran
1915	Martial IV ...	25
1916-17-18-19	No race.	
1920	Prudhomme ...	29
1921	Bugler	22
1922	Conjuror II ...	35
1923	*Templescoby ...	24
1924	Patsey V ...	18
1925	Ardvasar ...	29
1926	Cloringo ...	39
1927	Fine Yarn ...	43
1928	Cryptical ...	32
1929	Big Wonder ...	33
1930	Sir Lindsay ...	28
1931	Merriment IV ...	21
1932	Robin-a-Tiptoe ...	32

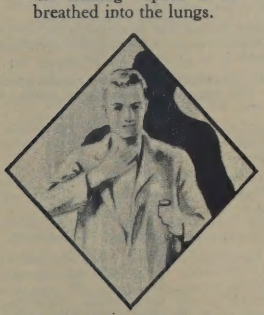
*Duke's Walk came in first, disqualified for crossing and boring.

(*Courtesy "Sporting Chronicle" Annual.*)



Rubbed into baby's chest at night — gives warmth and comfort.

Leave the clothes arched above the neck to permit the healing vapour to be breathed into the lungs.



Rubbed into the hollow of the throat to relieve that "tightness" and cut the phlegm.

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WE breathe in the complaint — why not breathe in the remedy?

CURING by inhalation is a sound and perfectly safe method — particularly suited to young children and even infants.

Equally beneficial to adults.

Next time you take cold, clear it away quickly by this simple, yet efficient remedy.

1/3 PER JAR

IN TINS (TRIAL SIZE) 6d

WEATHER TABLE.

If it be New or Full Moon, or the Moon enters into the First or Last Quarter at noon, or	IN SUMMER the Weather will be	IN WINTER the Weather will be
Between 12 and 2 afternoon	Very Rainy	Snow and Rain.
" 2 " 4 "	Changeable	Fair and Mild.
" 4 " 6 "	Fair	Fair.
" 6 " 8 "	Fair, if wind N.W.	Frosty, if wind N. or N.E.
" 8 " 10 "	Rainy, if wind S. or S.W.	Rain or Snow, if S. or S.W.
" 10 " 12 "	Fair	Fair and Frosty.
" 12 " 2 morning	Fair	Hard Frost, unless wind S. or
" 2 " 4 "	Cold, with frequent Showers	Snow and Stormy. (S.W.
" 4 " 6 "	Rain	Snow and Stormy.
" 6 " 8 "	Wind and Rain	Stormy.
" 8 " 10 "	Changeable	Rain if wind W.; Snow if E.
" 10 " 12 noon	Showery	Cold with High Winds.

SOME NATURAL WEATHER SIGNS.

A red sky at sunset, a grey dawn and fog all foretell fine weather ; a red morning sky, or a pale yellow sky at sunset, rainy and windy weather ; and a bright golden sunset, wind. White streaky clouds at great heights ("mare's tails") foretell wind, or a change in the weather ; if below these streaky clouds massive rounded clouds begin to form, rain is almost certain to follow. The "Stratus"—which comprises several layers of cloud seen generally in the early morning or towards sunset—is a decided indication of fine weather. Swallows and rooks flying near the ground ; the incessant croaking of frogs ; unusual activity of the mole ; the huddling together of sheep under the trees and bushes ; and the crowing of cocks at night, are indicative of the approach of bad weather.

WEATHER PROPHETS OF THE ANIMAL WORLD.

Reliable weather forecasts are more common than is perhaps believed by the average town dweller, quite apart from the usual predictions of the Weather Clerk.

In the animal world there are innumerable indications of weather variations, if only one is sufficiently observant to notice and appreciate them.

We give here a few indications and signs of good or bad weather, provided by Mother Nature herself.

Cats are believed to wash right over their ears when rain is approaching ; they also become restless, and wander aimlessly about the house when a thunderstorm is imminent.

The braying of a donkey is said to be a sure sign of coming rain.

Before winter sets in, moles prepare a sort of basin, in which they store a number of earthworms. When these larders are fewer in number than usual, molecatchers declare that the winter is certain to be mild.

Sheep in mountainous districts will change their feeding ground to the lee side of the hills before the arrival of severe gales and rain.

When it is likely to be wet, garden spiders spin only short threads.

Another more or less infallible sign of wet weather is when domestic geese fly about without any apparent reason.

Bees, too, are extremely sensitive to any changes, however slight, in the atmospheric conditions. When they return to the hive and do not come out again, rain is almost certain to fall in the immediate future. Worker bees have been observed to fly off home when a cloud has obscured the sun for even a few minutes.

The field mouse has been seen to cover up the entrance to its modest little hole prior to the setting in of cold and snow.

If ducks are seen going out on to the grass fields in the daytime in search of snails, a shower may be expected.

A change of weather, usually for the worse, is predicted when the shrill piercing voice of the peacock is heard.

The swallow, too, is a reliable weather clerk indeed, for when he flies high up in the sky, fine weather is almost sure to ensue, but if his flight keeps him low down and near to the ground, rain is to be looked for.

Many agriculturists look upon the rooks and their behavour as a sure and certain guide to the future weather. If they are seen settling noisily upon trees and flying uncertainly about instead of straight away, a wet day is very probable. In the winter, if they are flying low, going and returning silently, before sunrise and after sunset, a sharp bitter frost may be looked for.

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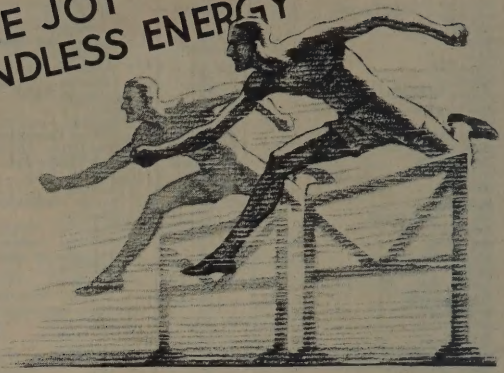

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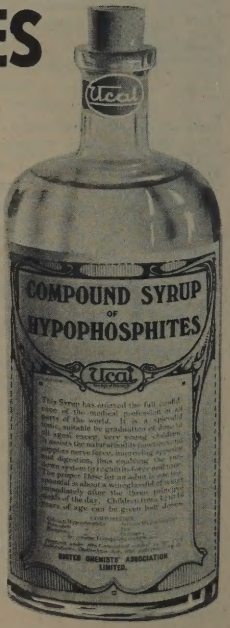

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JANUARY

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